




Faithfully Fit Newsletter


SEPTEMBER 2022: ISSUE 29

Check out these resources to support a healthy mind, body and spirit.

HEALTHY MIND

Uncertain times can breed uncertain feelings, concerns, and emotions. Staying positive and hopeful might seem like a chore. Having faith in God's love can help lead you through the toughest of times.


[Mental Illness and Substance Use in Young Adults](#) 


[Older Adults and Depression](#) 

[National Suicide Prevention Awareness month](#)

HEALTHY BODY

As we prepare to enter a new calendar year, now more than ever is a great time to focus on our health and build a strong routine.


[Resources for Families Coping with Mental and Substance Use Disorders](#) 


[Preventing Childhood Obesity: 5 Things You Can Do at Home](#) 

[20 Min Fat Burning Home Workout For Beginners \(video\)](#)

HEALTHY EATING

Now is a great time to focus on creating healthy meals for you and your family. Experiment with canned goods mixed with fresh produce. Fuel your body right!

[Healthy Meal Planning: Tips for Older Adults](#) 

[How to use Fruits and Vegetables to Help Manage Your Weight](#) 

FAITHFULLY FIT PARTICIPATING MINISTRIES:

- Dupont Park SDA
- First Rock Baptist
- Galilee Baptist
- Pilgrim Rest Baptist
- St Theresa of Avila
- Urban Outreach Ministries



Healthy Aging Month



National Childhood Obesity Awareness Month



National Recovery Month

SUICIDE PREVENTION MONTH

Check out **THIS** resource of ideas for Action



COVID-19 INFO

The American Medical Association provides regular [COVID-19 video updates](#).

[FACT SHEET: Back to School 2022](#)

[Covid forecast: Major fall surge unlikely, but variants are a wild card](#)

COVID-19, COLD, ALLERGIES AND THE FLU: WHAT ARE THE DIFFERENCES?

Click the chart for the full article

Symptom or sign	COVID-19	Cold
Cough	Usually (dry)	Usually
Muscle aches	Usually	Sometimes
Tiredness	Usually	Sometimes
Sneezing	Rarely	Sometimes
Sore throat	Usually	Usually
Runny or stuffy nose	Usually	Usually
Fever	Usually	Sometimes
Diarrhea	Sometimes	Never
Nausea or vomiting	Sometimes	Never
New loss of taste or smell	Usually (early — often without a runny or stuffy nose)	Sometimes (especially with a stuffy nose)



LAMENTATIONS 3:22-23

The steadfast love of the Lord never ceases; his mercies never come to an end; they are new every morning; great in your faithfulness.

This program is funded wholly, or in part, by the Government of the District of Columbia, the Department of Health, Community Health Administration.

