

WHAT'S IN THIS MONTHS ISSUE

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From Lady Carla's Pen

How to Build Resilience: Get connected to others who can provide support. Make every day meaningful. Focus on your purpose. Learn from experience. You can grow through your pain. Remain hopeful. Don't give up on the healing process. Take care of yourself. Self-care matters. Be proactive. Stay focused on what helps.

Source: <https://www.mayoclinic.org/>



**AUGUST IS OBESITY/FITNESS MONTH
AUGUST 1, - AUGUST 31, 2022**

Obesity represents a significant public health concern with one-third of adults classified as living with obesity in the United States. Researchers have proposed that exercise is an important lifestyle measure to maintain a healthy weight. Obesity correlates with an individual's increased risk of cancers, stroke, metabolic disease, heart failure, and other cardiovascular conditions, highlighting the need to reduce the incidence and prevalence of obesity.

Exercise should be prescribed for primary and secondary prevention of cardiovascular and other chronic diseases and conditions, and to enhance physical fitness and function.

Regular exercise and physical activity promote strong muscles and bones. It improves respiratory, cardiovascular health, and overall health. Staying active can also help you maintain a healthy weight, reduce your risk for type 2 diabetes, heart disease, and reduce your risk for some cancers.

Benefits of fitness:

- Improve your ability to do daily activities and prevent falls.
- Increase your chances of living longer.
- Manage chronic health conditions & disabilities

SELFCARE CORNER

August 21, 2022



Internet Self-Care Day is celebrated each year on August 21st. This holiday is dedicated to using the internet to find resources that can help you take care of yourself.

International Self - Care Day encourages the promotion of a healthy lifestyle. On this day it is encouraged to eat healthy, exercise, and take a break. According to World Health Organization, self – care is the ability to focus on one's health without the help of a health care provider. Self-care is the foundation for managing life – long health.

- Go for a walk
- Pray
- Go to the spa
- Watch your favorite tv show

Upcoming Health Sessions

August 9 2022

Gina Graves Longus- **Suddenly 7Power Walk & Faith Event**
7 weeks to (Reset – Restore- Revive) power walk for the Believers & Warriors of God who want to see the walls of their situation come down and claim the victory over their circumstances.

Recipe

Fruit Salad with Honey Walnuts



Adding homemade honey-roasted walnuts gives this grape, apple, and berry combo extra flavor and crunch, while a surprise hit of fresh lemon juice and zest keeps the situation from getting overly sweet.

You can really top your smoothie bowl with just about anything you want.

- California walnuts
- Strawberries
- Blackberries
- Blueberries
- Apples
- Honey
- Lemon zest



For more Healthy Recipes please use the link below from the American Heart Association <https://www.heart.org/en/healthy-living/healthy-eating/eat-smart>

Upcoming Events

August 6, 2022

**All In Festival
Backpack Give-A-Way and Health Expo**
6665 Security Blvd.
Gwynn Oak, MD 21207

August 14th HEAL – Blood Pressure MD Program
Get Free Blood Pressure cuff / Let's heal blood Pressure together

August 6th, 2022,

Kaiser Permanente FREE Screenings
Open to the Church and Community



10 am- 11 am

- Blood Pressures
- Cholesterol
- Glucose (A1C)
- Height, Weight and BMI calculation

H.E.A.L.T.H. Ministry Emails

H.E.A.L.T.H. Ministry
wellness@msbcministries.org

Never Give Up Never Give In Cancer Support Min.
cancersupport@msbcministries.org

Fitness & Nutrition Ministry
wellness@msbcministries.org

Divorce Care/ DC4K
divorcecare@msbcministries.org

RAAY'S of Hope (HIV Ministry)
raaysofhope@msbcministries.org

Caregivers Ministry
caregivers@msbcministries.org

Grief Ministry
griefministry@msbcministries.org