

# Feel Good February 2022

Eat well, feel well, look well

“

Take care of  
your body.  
It's the only place you  
have to live.

– Jim Rohn

## Regular Community Activities



**Selhurst Food Bank & Community Kitchen:**  
Every Tuesday at  
6pm – 7:30pm

### ONLINE EVENTS



**Women's Forum:**  
First Monday each month  
at 7pm – 8pm



**Bible Book Club:**  
First and last Tuesday and  
Thursday each month at  
7pm – 9pm



**Prayer Session:**  
Every Wednesday at 8pm



**Natural Cosmetics  
Workshop:** First Thursday  
each month at  
7:30pm – 8:30pm



**Online Worship  
Experience:**  
Every Saturday from 10am

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

6 Create a  
list of unhealthy  
eating habits you  
want to drop

13 Try one  
new recipe per  
week (to boost  
your nutrient  
intake)

20 Think before  
you eat: What am I  
feeling? How much  
do I really need?

27 Cook from  
scratch to  
ensure there are  
fewer synthetic  
or processed  
ingredients

7 Reduce your  
intake of refined,  
and highly  
processed foods  
by cooking from  
scratch

14 Eat a  
'rainbow' of  
multi-coloured  
vegetables to get  
higher doses of  
vitamins & minerals

21 Try eating  
bread made  
from wholemeal,  
unrefined flour  
like Spelt, Rye, &  
Amaranth

28 Experiment  
with plant-based  
and sugar-free  
recipes

1 Try  
adopting a  
healthier lifestyle  
instead of going  
on a diet

8 Read  
1 Corinthians 6:19:  
Take responsibility  
for looking after  
your body

15 Make a  
smoothie today  
with your favourite  
fruits and  
vegetables

22 Whatever  
you eat or drink,  
do all to the glory  
of God  
Proverbs 20:1

NOTES

2 Take  
healthy eating  
to the next level  
by enrolling in a  
healthy cooking  
class

9 Eat only  
healthy, natural  
food and drink lots  
of water

16 Read  
Daniel 1:3-20:  
Fast-track your  
health, wellbeing  
and intellect when  
you honour God

23 Make healthy  
choices by  
checking the list  
of ingredients on  
food labels

3 Read  
Proverbs 3:7-8:  
Reflect on how  
your lifestyle  
affects your health  
and body

10 Learn more  
about nutrients  
and how they  
affect your body

17 Reduce  
your meat intake –  
it can help reduce  
the risk of heart  
disease

24 Prioritise  
7-9 hours' sleep  
per night

4 Aid  
digestion by going  
for a 20-30 minute  
walk after your  
meal

11 Look into  
what nutrients you  
may be lacking in  
your diet

18 Have a  
hearty, healthy  
breakfast. It  
improves memory,  
mood and boosts  
energy

25 Have a  
meat-free day  
– or if you're  
vegetarian, a  
dairy-free day

5 Read  
John 6:35:  
Feed the inner  
person with good  
spiritual food

12 Read  
Psalm 81:10:  
Recognise that  
food is a blessing  
from God

19 Remember  
God desires that  
we prosper and be  
in good health  
3 John 1:2

26 Read  
Genesis 1:29:  
Discover how  
God's original diet  
was a whole food  
plant-based diet