## Feel Good February 2022

**MONDAY** 

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

- Jim Rohn

## Regular Community **Activities**

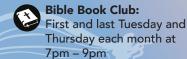


Selhurst Food Bank & **Community Kitchen: Every Tuesday at** 6pm - 7:30pm

## **ONLINE EVENTS**



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



- **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** 13 Try one 20 Think before

Create a 7 Reduce your list of unhealthy intake of refined. eating habits you and highly want to drop processed foods by cooking from scratch

Eat a new recipe per 'rainbow' of week (to boost multi-coloured your nutrient vegetables to get higher doses of intake) vitamins & minerals

21 Try eating you eat: What am I bread made feeling? How much from wholemeal, do I really need? unrefined flour like Spelt, Rye, &

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

Try adopting a healthier lifestyle instead of going on a diet

**TUESDAY** 

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2

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

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

28 Experiment **NOTES** with plant-based and sugar-free recipes

Read Proverbs 3:7-8: healthy eating to the next level Reflect on how by enrolling in a your lifestyle healthy cooking affects your health and body

**WEDNESDAY** 

Take

class

Eat only

healthy, natural

food and drink lots

of water

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

10 Learn more about nutrients and how they affect your body

Reduce

your meat intake -

it can help reduce

the risk of heart

disease

**THURSDAY** 

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

> Have a hearty, healthy breakfast. It improves memory,

**FRIDAY** 

Aid

digestion by going

for a 20-30 minute

walk after your

meal

24 Prioritise 7-9 hours' sleep per night

mood and boosts energy

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

**SATURDAY** 

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

Amaranth