

Feel Good February 2023

Eat well, feel well, look well

Regular Community Activities

In person



Racquet Club
(Table Tennis & Badminton)

Mondays at 6pm-9pm



Selhurst Food Bank & Community Kitchen

Tuesdays at 6pm-7:30pm



Craft Café

Wednesdays at 10am-2pm



Community Friendship Club

Thursdays at 11am-2pm

Online



Women's Forum

First Monday each month
at 7pm-8pm



Bible Book Club

First and last Tuesday each
month at 7pm-9pm



Prayers Together

Wednesdays at 12pm & 8pm



Online Worship Service

Saturdays from 10:00am

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1

Create a list of unhealthy eating habits you want to drop

2

Need ideas and inspiration? Join a healthy cooking class

3

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

4

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

5

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

6

Avoid refined foods with super-long ingredient lists you don't recognise

7

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

8

Before a workout, have a banana to boost energy and sustain blood sugar

9

Keep good food in your fridge – make a healthy shopping list for the week

10

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

11

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

12

Replace highly processed oils like sunflower or rapeseed oil with olive or coconut oil

13

Read 1 Corinthians 10:31:
Be healthy. Be smart. Do the right thing

14

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

15

To nourish your skin and hair, eat avocados often – they're full of vitamin E

16

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

17

Make a smoothie today with your favourite fruits and vegetables

18

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

19

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

20

Eat something healthy today to assist you in feeling and thinking positive

21

Whatever you have on the agenda, drink between 1.5 to 2 litres of water

22

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

23

Eat your fruits instead of juicing them – they're full of water, fibre and vitamins

24

For calcium rich alternatives to milk, try dark green leafy veg, almonds & tofu

25

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

26

Try to make a habit of cooking at home most nights, rather than eating out

27

Make healthy choices by having a bowl of fruits

28

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

NOTES