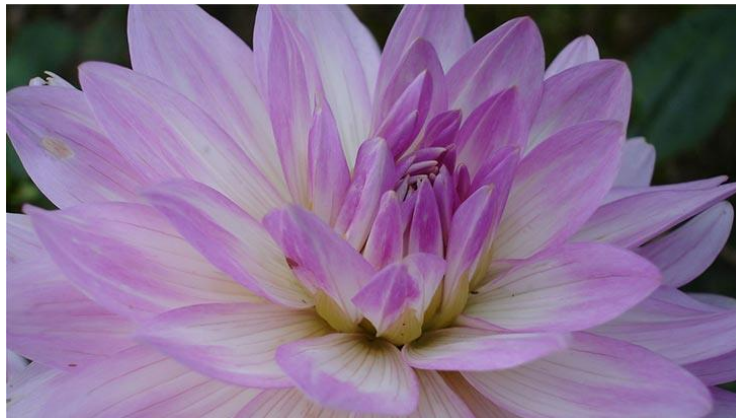




Resources for January/February 2022

PHYSICAL WELLNESS

*"This will be healing for your body and strengthening for your bones."
Proverbs 3:8 HCSB*



These are some of our favorite verses on the subject of physical wellness. Which one will you memorize this winter?

- *"Your words and your deeds bring life to everyone, including me. Please make me healthy and strong again." Isaiah 38:16 CEV*
- *"He gave plenty to drink to those who were thirsty. He filled those who were hungry with good food." Psalm 107:9 GW*

- *“This will be healing for your body and strengthening for your bones.”*
Proverbs 3:8 HCSB
- *“So whether you eat or drink or whatever you do, do it all for the glory of God.”*
1 Corinthians 10:31 NIV
- *“Every athlete exercises discipline in every way. They do it to win a perishable crown, but we an imperishable one.”* *1 Corinthians 9:25 NABRE*



**When you’re not moving or eating or sleeping or daydreaming—
all healthy things to do—consider checking out one of our
recommended online resources:**

Physical Wellness Toolkit from National Institutes of Health
<https://www.nih.gov/health-information/physical-wellness-toolkit>

How to Make Sustainable Lifestyle Changes in 2022 from HealthyWomen
<https://www.healthywomen.org/your-wellness/healthy-habits/set-goals-not-resolutions>

Creating a Healthy Relationship with Food from Cooking Light
<https://www.cookinglight.com/healthy-living/health/creating-a-healthy-relationship-with-food>

The Life-Changing Benefits of Exercise after 60 from National Council on Aging
<https://www.ncoa.org/article/the-life-changing-benefits-of-exercise-after-60>

How to Promote Physical Health from Better Health While Aging
<https://betterhealthwhileaging.net/how-to-promote-physical-health-for-healthy-aging/>

Visit this website for great ideas about where to go **walking** or **hiking**
<https://www.alltrails.com/>

Speaking of Women's Health offers health tips, health tools, and healthy recipes: <https://speakingofwomenshealth.com/>



Happier with a book in hand? We found some great reads for you:

Food Triggers: End Your Cravings, Eat Well and Live Better by Dr. Rhona Epstein <https://amzn.to/3rDfs80>

The Joy of Movement: How Exercise Helps Us Find Happiness, Hope, Connection, and Courage by Kelly McGonigal <https://amzn.to/33vqNPI>

Last Child in the Woods: Saving Our Children from Nature-Deficit Disorder by Richard Louv <https://amzn.to/3KpoFtg>

Healthy by Design: Weight Loss, God's Way by Cathy Morenzie <https://amzn.to/3tKfq0T>

The Easy 5 Ingredient Healthy Cookbook: Simple Recipes to Make Healthy Eating Delicious by Toby Amidor, MS, RD, CDN <https://amzn.to/3FFDy7j>

The Oh She Glows Cookbook: Over 100 Vegan Recipes to Glow from the Inside Out by Angela Liddon <https://amzn.to/3FLkUuJ>