



Wellness REACH  
A Ministry of First Baptist Church of Universal City

February 2022

### February is healthy heart month

Cardiovascular disease is the No. 1 killer of men AND women. Even if you're a marathon runner, you can still have significant risks for heart disease. Most of us know about risk factors like high cholesterol, tobacco use, and high blood pressure. However, many fail to understand the role of SUGAR in heart disease.

See Facebook [Wellness REACH](#) for more information

The **Well Church Conference** is a partnered educational experience between Texas A&M University and churches across Texas. This **LIVE** and **VIRTUAL** event will assist church communities with trusted and expert wellness education. Conference topics will include Active Living, Healthy Eating, Opioid Misuse, and Mental Wellness. In addition, Dr. Hansen, of Hansen Health Solutions, will be our live guest speaker, helping us understand the positive and negative components of stress on our bodies.

*A complimentary lunch will be provided.*

The conference is **FREE**. Seats are limited and filling up fast, so sign up today by visiting our website:

[www.fbcuc.org](http://www.fbcuc.org)

February is **American Heart Month**. We are dedicating a day to raising awareness about cardiovascular disease and heart health. Join us for Go Red Day on **February 13<sup>th</sup>** by **wearing RED**

**We were created to move!** During February, we want to challenge everyone to participate in our **20/20 Movement Challenge**. Let's find creative ways to move 20 minutes a day for 20 days.

When we consider the way the body parts are hinged together and rotate and reach in every direction, it's easy to see that God means for us to move.

No matter our current physical activity level, we can discover new ways to enjoy movement that may help keep our bodies agile. Start where you're comfortable. You can always challenge yourself more as your level of fitness increases. *Let's start moving - 20 for 20*

### SCRIPTURE MEMORY CHALLENGE

*"Do you not know that you are God's temple and that God's Spirit dwells in you?"*

1 Corinthians 3:16

### UPCOMING EVENTS

#### Well Church Conference

Feb 19, 2022

Peace Auditorium

8:30 a.m. – 2:00 p.m.

[REGISTER](#)

#### February Challenge

20/20 Movement

**Wear RED Day  
Sunday, Feb 13<sup>th</sup>**

#### Praise Moves

9:00 a.m. Monday & Friday

11:30 a.m. Wednesday

REC Center

#### March

Church-wide HEALTHY Pot Luck

#### April 8 & 9

Family Campout

[REGISTER](#)

### RECOMMENDED VIDEO

Join us in watching the recommended video together. Share your comments with us by posting to our [Wellness Reach](#) Facebook page.

[How To Live An Active Lifestyle - Ways To Be More Active - YouTube](#)

Follow us on Facebook at  
[Wellness REACH](#)



*"Dear friend, I pray that you may enjoy good health and that all may go well with you, even as your soul is getting along well."*

3 John 1:2 (NIV)

The **Water Drinking Challenge** continues. How is your Water Drinking Challenge coming along? The challenge is a church-wide challenge to encourage everyone to drink more water. We could begin with replacing non-water beverages with water at our meals.

Since our body is composed of 50-70% water, it is easy to see that water is essential for proper functioning. Some benefits include: improving kidney and digestion function, maintaining normal temperature, protecting and lubricating joints and sensitive tissues, and better brain health.

It's time to step it up a little more by increasing your water intake another 16 ounces a day this month. So in February, let's all drink 32 ounces of water daily.

Join us each month for a **Scripture Memory Challenge**. When it comes to memorizing the Word of God, these benefits are brought to a whole new level. We aren't just training our mind to focus; we are training it to focus on truth. We aren't just developing our vocabulary; we are learning God's vocabulary. We are weaving His thoughts into our minds.

**Find this month's scripture card at the end of each pew.**

### MAKE A PLEDGE TO WELLNESS TODAY!

Begin to implement small changes within your life that can have a big impact on your health for years to come. To sign our pledge, locate a Wellness Commitment Card at the end of your pew. Place your signed card in the drop box at the Welcome Desk.

## Did You Know?

Current guidelines for PHYSICAL ACTIVITY include 30 minutes 5x a week for adults, and 60 minutes a day for children. Physical activity can make you feel better, function better, and sleep better. Even one session of moderate-to-vigorous physical activity reduces anxiety, and even short sessions of physical activity are beneficial. Being physically active also fosters normal growth and development, improves overall health, and can reduce the risk of various chronic diseases.

## Survey says . . . only 25%

“Are you physically active a minimum of 30 minutes a day, at least 5 days a week?” - FBCUC congregants

We spend an average of **8 hours and 12 minutes** sitting each weekday.

Join the 20/20 Movement Challenge.

## RECIPE OF THE MONTH

**One of the easiest ways to improve Heart Health is to ensure we consume fish on a regular basis.**

Recipe **Salmon**

Servings **2**

### Ingredients

4 oz salmon fillet, 2 fillets  
 1 tablespoon olive oil  
 ¼ cup maple syrup  
 2 tablespoons orange juice  
 1.5 tablespoons soy sauce  
 1 teaspoon ground ginger  
 1 clove garlic, minced  
 Salt/pepper, to taste

### Directions

- Heat olive oil on medium-high in a cast-iron skillet.
- Whisk together maple syrup, orange juice, soy sauce, garlic, salt, and pepper in a medium bowl.
- Set aside 2 tablespoons for topping later.
- Place salmon fillets inside the bowl and make sure each side is covered with sauce. Allow to set 30 seconds per side.
- Sear the salmon 2-3 minutes on each side.
- Brush the tops with the sauce set aside.
- Pair with broccoli or asparagus
- Serve on a bed of wild brown rice