



March 2022

In recognition of National Nutrition Month, join us for a **Nutrition Class** with our very own Chef Jerry Reed on Saturday, March 26, at 11:30 a.m. Jerry will be joined by Nutritionist, Ms. Maggie Farrell, and will prepare an easy, complimentary, nutritional lunch. A time of question and answer will follow.

Eating balanced meals and maintaining a well-rounded diet is vitally important for overall health and wellness. Incorporating a variety of foods from different food groups, such as vegetables, fruits, carbohydrates, proteins, and healthy fats can make the mindful choice of eating to improve wellness a fun and enjoyable experience. Avoiding over-processed foods and high-sugar drinks by eating fresh fruits and vegetables while drinking more water will enhance your body's ability to fight infections with increased immunity. Other benefits will include improved mental health, better control of body weight, adequate developmental physical growth in teenagers and better skin health.

The best thing to know is that making the mindful choice to eat and drink healthier does not have to mean sacrificing flavor or starving one's self to achieve wellness goals. Take the opportunity to learn how to prepare healthy and satisfying meals with fresh fruits and vegetables, whole grain breads and pastas, lighter proteins, like chicken, seafood and beans, and using healthier fats, such as avocados and olive oil.

Exercise is crucial for leading an active, healthy, happy life. Our **Senior Adult Luncheon** is on March 15, 2022 at noon in the Peace Auditorium... with a little twist. Special guest instructor, Jonathan Farella.

When you think "exercise," you might think "get up and go." But what if you could be active while sitting? We have great news -- you can! This exercise demo is a sit-down affair! You will learn ways to exercise while staying seated. You'll learn to safely engage in simple activities to help you improve your cardio fitness, muscular strength and flexibility.

The church will provide the meat. Please bring a HEALTHY side dish to share, such as a salad or veggie.

**Campout** at FBCUC under the stars on April 8, 5:00 p.m. to April 9, 9:00 a.m. on the soccer fields. Dinner, s'mores, breakfast will be provided. Fun activities include outdoor movie, games and fire pits. **FREE** event, but registration is required and space is limited. Register today → [campoutregistration](#)

## SCRIPTURE MEMORY CHALLENGE

*"So, whether you eat or drink, or whatever you do, do all to the glory of God."*

1 Corinthians 10:31

## UPCOMING EVENTS

**Sunday School Church-Wide Healthy Pot Luck**  
Sunday School Classes  
March

**Nutrition Class**  
March 26, 11:30 a.m.  
Peace Auditorium

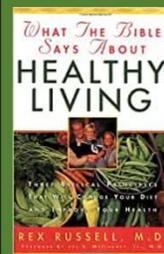
**Senior Adult Luncheon**  
March 15, noon  
Peace Auditorium

**Praise Moves**  
9:00 a.m. Monday & Friday  
11:30 a.m. Wednesday  
REC Center

**Campout**  
April 8-9, 2022  
5:00 p.m.-9:00 a.m.  
[campoutregistration](#)

## RECOMMENDED READ

### Join Us in Reading



What the Bible  
Says About  
**Healthy Living**

By: Rex Russell M.D.

Share your comments with us by posting to our Wellness Reach Facebook page.

*"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)

You can do it! The **Water Drinking Challenge** continues. We continue to encourage this church-wide challenge for everyone to drink more water to enjoy the benefits of improved kidney function and improved digestion. It's an immunity booster, contributes to better bone health, helps with weight loss and bloating, improved circulation and better brain health.

It's time to step it up again by increasing another 16 ounces. So, for March, let's all drink 48 ounces of water.

As you all know, Baptists have a reputation of loving to eat! We encourage every Sunday School Class to gather during the month of March for a **Heathy Pot Luck**. Enjoy a brunch or lunch during your Sunday School hour. Host it in your Sunday School Class on campus or off campus.

Try the healthy recipe of the month. Share photos of your class with us and post comments to our Facebook page:

[www.facebook.com/wellnessreach](http://www.facebook.com/wellnessreach).

## Did You Know?

Dietary intake current guidelines for fruit and vegetable consumption are 7 to 13 servings a day.

## Survey says . . .

Our congregants reported the average total servings of fruits and/or vegetables consumed in one day was **3 servings**.

The smallest and largest total servings consumed was **1 serving to 11 servings**.

34% of our congregants dine from a fast food restaurant **2 or more times per week**.

### 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 make the pledge, you can find Wellness Commitment Cards at the Welcome Desk. Fill it out, sign it and place your signed card in the drop box also located at the Welcome Desk.

Follow with us on Facebook at  
**Wellness Reach**



## RECIPE OF THE MONTH

From the kitchen of Jean Dukes

Recipe Salad Bake Potato

Servings 2

### Ingredients

Potato  
Carrots  
Zucchini  
Onions  
Green Onions  
Red Bell Peppers  
Olive Oil  
Sea Salt  
Pepper

### Directions

Prepare your baked potato(es) as you normally would. In the meantime, prepare vegetables such as: grated carrots, grated zucchini, grated yellow squash, chopped tomatoes, diced avocado, chopped onions, sliced green onions, red bell peppers... be creative! Choose vegetables you enjoy. Cut the baked potato in half and drizzle with extra virgin olive oil. Smother and overflow your potato with your veggies and drizzle with more olive oil and lightly sprinkle with sea salt and pepper. Use organic ingredients whenever possible.