

JANUARY 2021

# NEWSLETTER

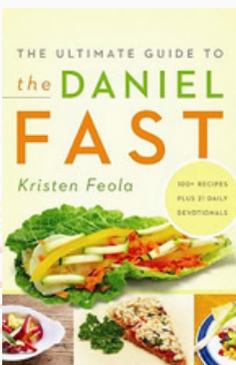


## The *Fast* Track To a Healthy Lifestyle

BY ONE FIT TEAM

Happy New Year One Church ATL Family! We are blessed to see year 2021. Let's bring this new year in by drawing closer to God with the Daniel Fast and participating in purposeful; and fervent prayer.

Although the Daniel Fast is NOT a diet, it can bring with it some health benefits and requires preparation in order to make each day a day where we are focused on God. Here are some resources that can help to keep you on track with your meals so you have plenty of time to devote to God in prayer:



**Book:**  
[www.ultimatedanielfast.com](http://www.ultimatedanielfast.com)

**Daniel Fast Food List:**  
<https://ultimatedanielfast.com/ultimate-daniel-fast-food-guidelines/>

**Recipes:**  
<https://ultimatedanielfast.com/recipes/>

**Devotionals/Bible Plans:**  
YouVersion Bible App - Fast Like Daniel 21 Day Devotional

*The latest on this month's issue:*

THE *FAST* TRACK TO A HEALTH LIFESTYLE - PG 1

WORKING OUT WITH THE FAMILY - PG 2

NEW! ONE FIT VIRTUAL CLASSES! - PG 2

### Scriptures on Fasting:

Daniel 10:3

Matthew 6:16-18

Ezra 8:21-23

Isaiah 58:6-7

Daniel 6:18



## Working Out With The Family

BY EMBER BROOKS

2020 was a year of great change. Our homes have become office spaces, classrooms, gyms and places of worship as well as safe havens from a pandemic that is seemingly steps away from our front doors at any given time. Health and safety have become top priority in our everyday lives. As we move into a new year and continue to navigate the challenges of spending a fair portion of our lives indoors or in our personal bubbles, how can our families continue to adopt healthy practices and fitness routines into our current “new normal”?



Here are my top 3 simple activities that families can do to stay fit and healthy in any situation:

1. Take a hike! (No, really!): Walking is one of the simplest forms of exercise that a person can do. Gather the family together for an afternoon or evening stroll around the neighborhood if the weather permits. A minimum of 30 minutes of activity does more for your body than you think.
2. Create a family step challenge: any movement or activity is a “step” (wink!) in the right direction when it comes to being fit and healthy. Use technology to your advantage and use those step counters on your smartphones to track how many steps you take in a day, week, or month. Reward the person with the most steps with a prize.
3. Find a virtual fitness class that the whole family can participate in: Yes, I know we are ALL officially Zoomed out for the rest of forever, but as we continue to keep to our respective “safe bubbles” during this pandemic, Zoom fitness classes have been an easy way to continue to maintain a fit and healthy lifestyle (be on the lookout for One Fit virtual classes coming soon!).

Performing any one of these activities on a regular basis will yield major results towards having a healthy and fit body and keep your family active and vital. As always, follow CDC safety guidelines regarding proper social distancing and cleanliness when performing activities outside of your safe zone; and consult your physician before starting any exercise regimen. Cheers to 2021 and a healthy life!

## ONE FIT Virtual Classes!

### NEW VIRTUAL CLASS SCHEDULE

January 9 at 11 am - Zoom with Ember

January 16 at 11 am - Zoom with Rob

January 23 at 11 am - Zoom with Maya

January 30 at 11 am - Zoom with JT

Login info to come!

**"Exercise should be regarded as tribute to the heart."**

**-Gene Tunney**

