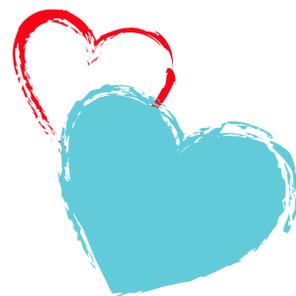




# NEWSLETTER

February 2021



## HEART WALK FOR "HEART MONTH"

Let's do something great for others while also doing something healthy for ourselves. After all, God calls us to love our neighbors as ourselves (Mark 12:31).

Join ONE Mission and ONE Fit on February 20th as we walk to raise money for the American Heart Association, and bless someone battling a heart condition. You can choose to walk at a social distance with others in the park, or in a virtual setting!

The participant with the most donations will receive a prize!

**5K HEART WALK**  
**4 MONTH**  
**FEB 20 2021 @9:00AM**  
**LAUREL PARK**  
 151 MANNING RD, MARIETTA GA 30060  
 DONATIONS TO THE AMERICAN HEART ASSOCIATION  
 & SOMEONE BATTLING HEART DISEASE  
**REGISTER BY FEB 5**  
 ONE MISSION ATL  
 ONE FIT 1 COR. 6:20  
 VIRTUAL OPTION!

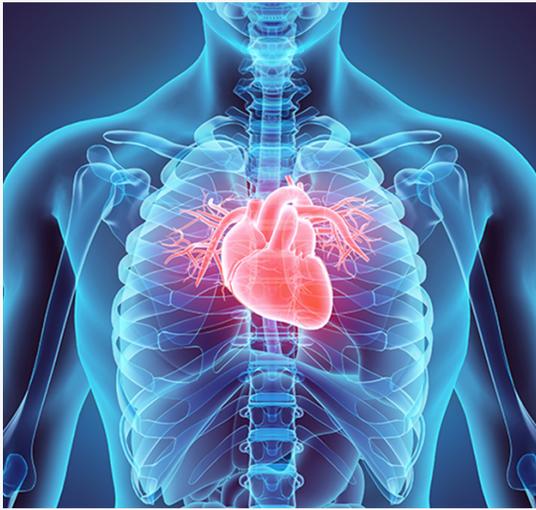


## EXERCISE AS A COUPLE! THE BENEFITS

One of the best ways to show your partner you love them is by supporting their health and fitness goals; and jumping in with them. Here are some benefits of working out together:

1. Increases your accountability.
2. Increases your emotional bond.
3. Brings an extra dose of happiness to your relationship.
4. Releasing endorphins together leads to greater intimacy.

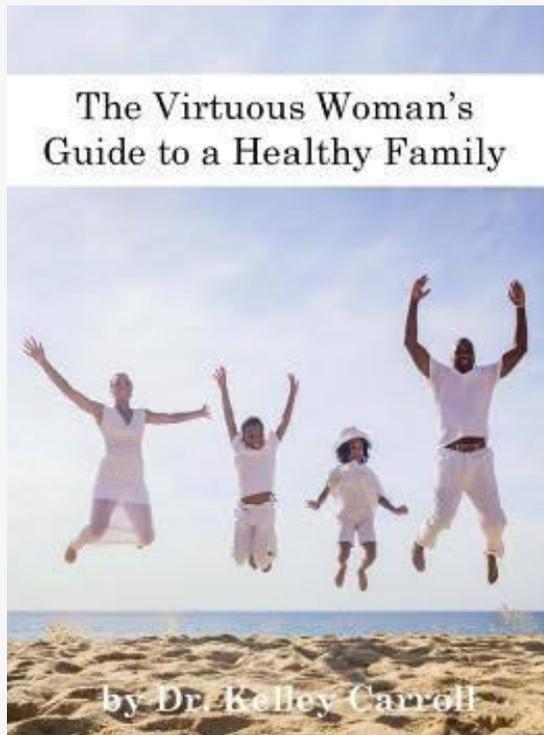




## AUTHOR OF THE MONTH DR. KELLEY CARROLL

This month's great read comes from family physician and ONE Church ATL member, Dr. Kelley Carroll. Her goal in writing this book was "to arm women with the knowledge to keep their families healthy and to fight against the top enemies of health."

You can purchase her book on Amazon!



# MATTERS OF THE HEART

## FACTS AND STATS ON HEART DISEASE IN THE AFRICAN AMERICAN COMMUNITY.

BY EMBER BROOKS

According to the US Department of Health and Human Services Office of Minority Health, African American adults are 40% more likely to have high blood pressure, and less likely than non-Hispanic whites to have it under control. <sup>1</sup>

There are many more stats like these, unfortunately, but as startling as they are, there are opportunities right now for change that starts in our own homes:

1. Your spiritual heart matters. Take time to read God's word daily. Proverbs 14:30a NLT says "a peaceful heart leads to a healthy body."
2. Make a conscious decision to keep healthy foods in your kitchen. It's a great idea to create a grocery list before shopping to eliminate the temptation to purchase unhealthy foods and snacks impulsively.
3. Your physical heart needs regular exercise. According to the American Lung Association, aerobic activities like walking, running, or jumping rope give your heart and lungs the kind of workout they need to function efficiently.<sup>2</sup>
4. Balance is key. It is important not to overdo it, whether you are exercising or eating. Your body knows when it is tired, or when it is full, so make sure that you are listening to it and treating it with care.

"He makes the whole body fit together perfectly. As each part does its own special work, It helps the other parts grow so that the whole body is healthy and growing and full of love." -Ephesian 4:16 NLT

\*As always, these tips do not replace professional advice given by your physician or medical provider, so please make sure that you are consulting them regularly for your own personal needs.

1- Excerpt taken from the Department of Health and Human Services Office of Minority Health website.

2- Excerpt taken from the American Lung Association website.



FEBRUARY 2021

# A Heart Healthy Valentine's Day Recipe

## BAKED PINEAPPLE SALMON



### INSTRUCTIONS

#### Step 1

Preheat oven to 350°. Line a large rimmed baking sheet with foil and grease with cooking spray. In the center of the foil, lay pineapple slices in an even layer.

#### Step 2

Season both sides of the salmon with salt and pepper and place on top of pineapple slices.

#### Step 3

In a small bowl, whisk together butter, chili sauce, cilantro, garlic, ginger, sesame oil, and red pepper flakes. Brush all over salmon fillet.

#### Step 4

Bake until the salmon is cooked through, about 25 minutes. Switch the oven to broil, and broil for 2 minutes, or until fish is slightly golden. Garnish with sesame seeds and green onions and serve with lime wedges.

### INGREDIENTS

Cooking spray, for pan (substitute with olive oil for healthier option)

17 pineapple rings, fresh or canned

1 large salmon fillet (about 3 lbs.)

Kosher salt

Freshly ground black pepper

3 tbsp. melted butter (try healthy butter substitute)

3 tbsp. sweet chili sauce

2 tbsp. freshly chopped cilantro

3 cloves garlic, minced

2 tsp. freshly grated ginger

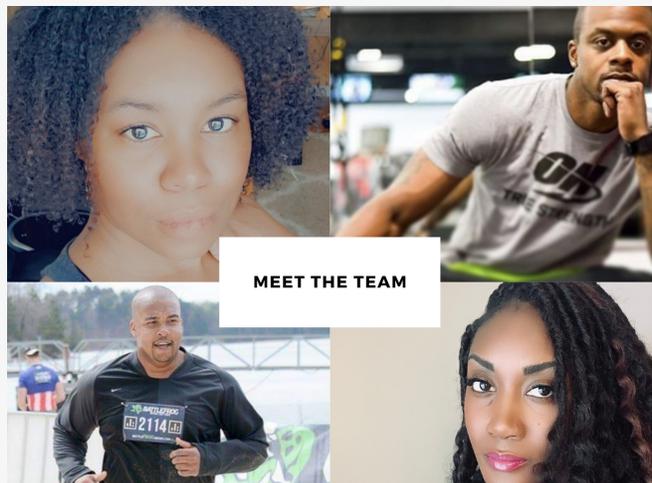
2 tsp. toasted sesame oil

1/2 tsp. crushed red pepper flakes

Toasted sesame seeds, for garnish

Thinly sliced green onions, for garnish

Lime wedges, for serving



Don't forget to join our ONE Fit Virtual Fitness Classes every Saturday morning at 11 am ET!

<https://www.delish.com/cooking/recipe-ideas/a26728380/baked-pineapple-salmon-recipe/>

