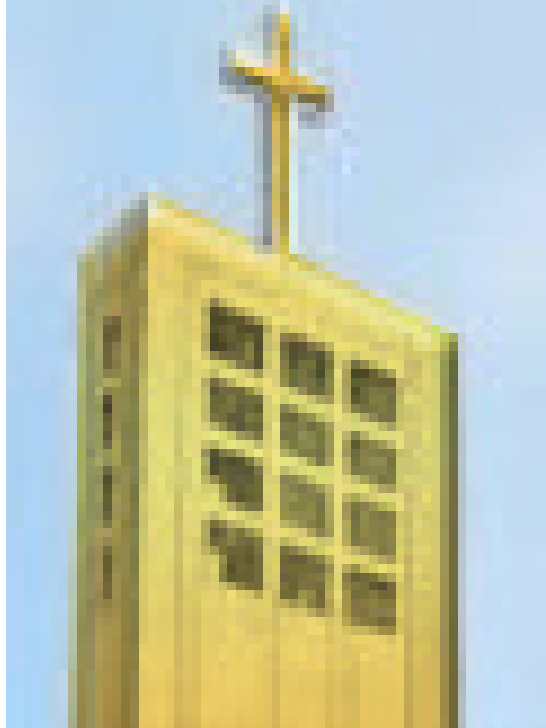


Tri-Healthy Living

Mind, Body, Spirit



Heart Healthy Month, appropriately named during the month of February when we celebrate 'Love' and the muscle known for its ability to love; the heart. Rev. Butler described during his Sunday school lesson on 1/24/2021 in John 17:23: "I in them and you in me may they be brought to complete unity to let the world know that you sent me and have loved them even as you have loved me!"

Yet, how can one love if the most vital muscle in the body gives out due to stress? Stress caused by systemic racism, inadequate housing conditions, as well as, poor air quality and trauma? All of the previously described conditions increase the secretions of a known hormone, cortisol. According to Michael Huff, former director of the African American health disparities group, cortisol is the 'Silent Killer'! This 'killer', remaining at an unhealthy level over decades, according to Michael Huff, can lead to what is now known as the metabolic syndrome. Metabolic syndrome is a collection of risk factors that increase the chance of developing heart disease, stroke, and diabetes. Where do we go from here and how is the war won against this 'killer'?

Many nutritionists and dietitians suggest that a solid nutrition plan, exercise, and meditation/prayer can significantly reduce the likelihood of these risk factors. Remember to always check with your primary physician before starting any exercise or dietary routine.

The Health and Wellness Ministry at Third Baptist Church would like you to continue reading as we are positive you will find something that will enhance your lifestyle! We are providing you the tools so you can continue to **Love** as God commands!

Introduction by Linda Lawrence on behalf of The Health and Wellness Ministry
Third Baptist Church



Celebrating **BLACK HISTORY**

February is Black History Month. Although Black History is recognized during this month, our deeply rich and foundational history can and should be celebrated every day. Throughout history, in every aspect of life, Black people have and will continue to contribute to the advancement of human kind. Below are links to virtual events that will take place throughout the month of February that will inform and inspire all who participate.

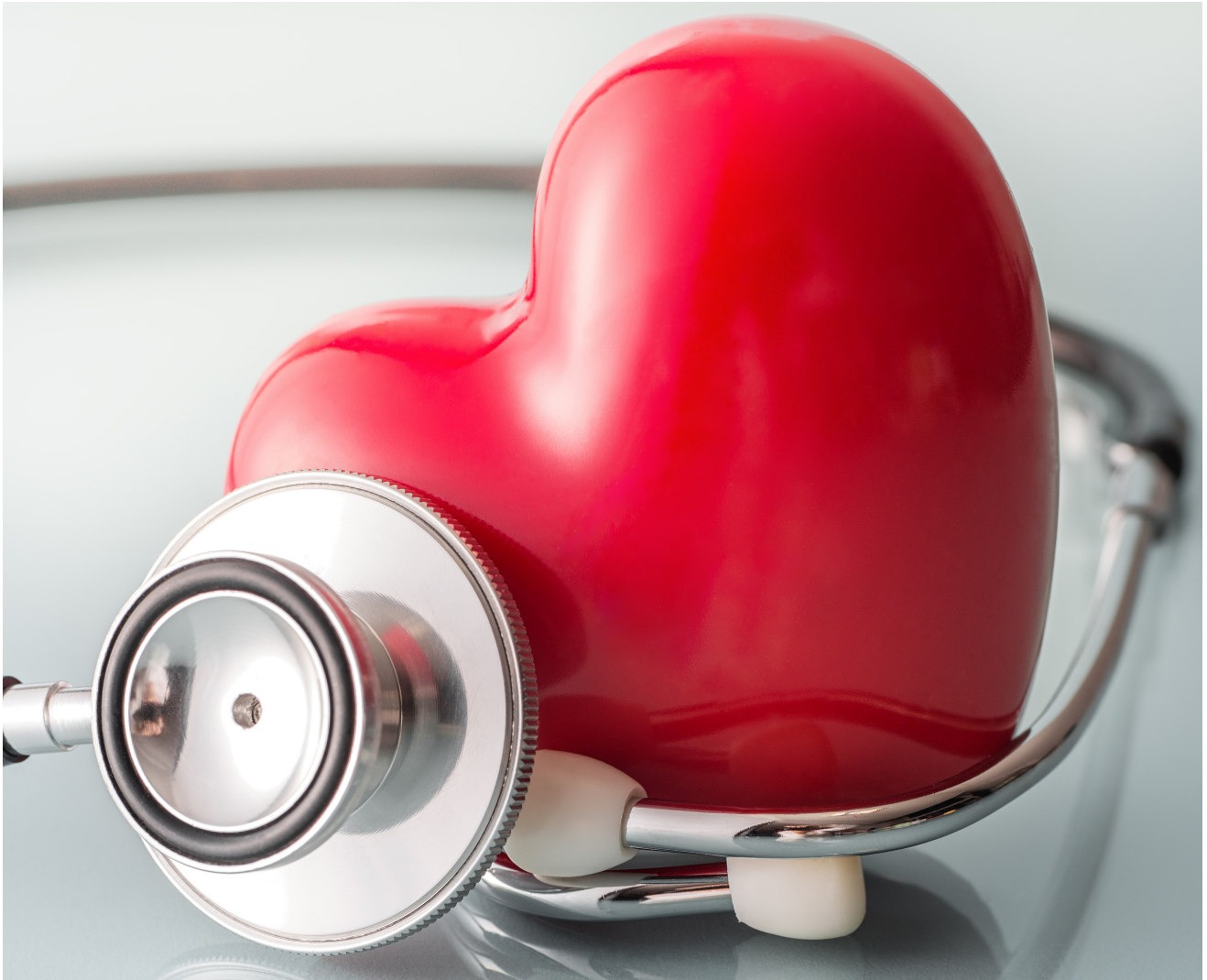
<https://asalh.org/festival/>


<https://www.npr.org/about-npr/961997595/celebrating-black-history-month-at-the-tiny-desk>

<https://datebook.sfchronicle.com/guide/black-history-month-2021-virtual-events-performances-and-more-ways-to-celebrate-in-the-bay-area>

<https://www.eventbrite.com/c/black-history-month-virtual-events-cwyhygw/>

Heart Awareness Month



February is Heart Awareness month which is a great time learn about heart health. Take time this month to focus on understanding what effects the heart, and how to maintain a healthy heart by incorporating heart healthy habits. Please read the following pages as they will surely start you on a path to a healthy 

A HEALTHY HEART



In order to understand how to keep your heart healthy, you must know factors that put your heart at risk for heart disease. According to the Cleveland Clinic, the following are major risk factors: age, race, sex, smoking, high blood pressure, high cholesterol, diabetes, sedentary lifestyle, and obesity. We can combat most risk factors through diet and exercise, while a few (age, sex, race) we have no control over. The following articles will provide information on heart healthy foods, exercise, and how to maintain a healthy heart. Also, visit the American Heart Association <https://www.heart.org> for more information.

<https://health.clevelandclinic.org/how-to-protect-yourself-against-heart-and-vascular-disease/>

https://www.cdc.gov/heartdisease/risk_factors.htm

<https://www.heart.org/en/healthy-living/healthy-eating>

<https://www.nlm.nih.gov/healthbeat/healthy-tips/nutrition/10-simple-rules-for-eating-heart-healthy>

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/3-kinds-of-exercise-that-boost-heart-health>

<https://www.webmd.com/fitness-exercise/guide/exercise-healthy-heart#1>

Try Light Exercise Before Going to Bed

Because of my inability to sleep a full eight hours at night for quite a while, I started looking for ways to get more quality sleep. Sleep should be a time of rest, but with our current altered way of life and anxiety provoking news, I find myself tossing and turning at night. According to the journal Sleep Medicine, the rate of insomnia among adults in China has increased 37% from before the peak of the pandemic.

Exercise can decrease the time it takes to fall asleep, and periods you are awake throughout the night. It will increase the quality and amount of sleep you get as well. Doing a little stretching and yoga has been proven to improve the quality of sleep. By performing these movements, the body produces calming hormones and physiological reactions that settle down the nervous system.

Cat/Cow



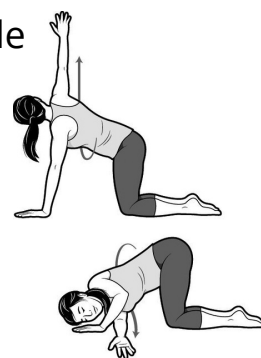
Moving between cat and cow yoga poses releases upper-back and neck tension and synchronizes breath and movement, which starts to calm the body and mind.

Child's Pose



The child's pose releases tension in the back and shoulders, gently stretches the hips and has an overall soothing effect.

Thread the Needle



This gentle twist releases shoulder tension, and starts to stretch and loosen the lower back.

For more information on the above poses, see the following New York Times article:

<https://www.nytimes.com/2020/10/10/at-home/exercises-for-better-sleep.html>

Resource Center

** Please remember that Third Baptist Church is offering Free COVID Testing. Click the following link to register <http://bit.ly/aacec-thirdbaptist> **



FREE COVID-19 TESTING

THIRD BAPTIST CHURCH of San Francisco
1399 McAllister Street • San Francisco, CA 94115 (Parking Lot)

NO APPOINTMENT NEEDED

Beginning Tuesday, January 12, 2021
(3 Days a Week on Tuesdays, Wednesdays & Saturdays)

TUESDAY	WEDNESDAY	SATURDAY
January 12 th	January 13 th	January 16 th
11:00 a.m. to 6:00 p.m.	1:00 p.m. to 8:00 p.m.	11:00 a.m. to 6:00 p.m.

FOR MORE INFO CALL (415) 346-4426 ext. 1212

THIRD BAPTIST CHURCH OF SAN FRANCISCO • 1399 McAllister St. • San Francisco, CA 94115 • Rev. Dr. Amos C. Brown, Senior Pastor

** Please register to watch Third Baptists' very own Rev. Dr. Jonathan Butler along with Dr. Kim Rhoads have a candid discussion on COVID-19 vaccines. Please click the following link to register: https://ucsf.zoom.us/webinar/register/WN_UhgxA31SgqWL1yEJ0H8tQ.



UCSF
University of California
San Francisco

**Real Talk
& Trusted Advice**

**COVID-19 vaccines online
community forum**

**Monday, February 8, 2021
4:30-6:00pm PT**

Abundant Life Health Ministries Network
San Francisco Foundation
SFAAFBC



Kim Rhoads, MD, MS, MPH
Associate Professor, Epidemiology & Biostatistics
Associate Director, Community Outreach & Engagement, UCSF Helen Diller Family Comprehensive Cancer Center (HDFCCC) School of Medicine



Jonathan Butler, PhD, MDiv
Social Epidemiologist, Department of Family and Community Medicine, UCSF
Executive Director, San Francisco African American Faith-Based Coalition

This online community forum is open to everyone and features a question & answer format with UCSF community-engaged faculty who will address questions, concerns & misinformation about COVID-19 vaccines & vaccination. Together, we can help each other make informed decisions, stop the spread of COVID-19 & save lives.

JOIN US & SIGN-IN HERE

https://ucsf.zoom.us/webinar/register/WN_UhgxA31SgqWL1yEJ0H8tQ

After registering, you will receive a confirmation email containing information about joining the webinar.

For more information, e-mail GatheringHealthSymposium@ucsf.edu

This event is hosted by UCSF HDFCCC Office of Community Engagement & our partners.