



FAITH. UNITY. ENDURANCE. LONGEVITY.

FUEL WELLNESS GUIDE: WEEK 2

LISTEN TO YOUR BODY

FUEL Focus: Faith | Stewardship Begins with Awareness



COACH'S CORNER
Coach Jamar

Last week, we focused on getting started. This week, let's focus on paying attention.

One of the first steps toward better health is becoming more aware of what your body is telling you. Fatigue, headaches, low energy, irritability, and even difficulty concentrating are often signals—not inconveniences.

Too often, we push through instead of paying attention.

God has entrusted each of us with one body. Stewardship begins with awareness. The more you learn to recognize what your body needs, the better equipped you'll be to care for it.

This week, don't ignore the signals. Slow down long enough to listen.



SCRIPTURE

"Do you not know that your bodies are temples of the Holy Spirit?"

1 Corinthians 6:19

SCRIPTURE REFLECTION

Caring for your health isn't about appearance. It's about honoring what God has entrusted to you.

1 THIS WEEK'S MOVEMENT COACHING



This week, build one simple habit.

Set a reminder on your phone to move every hour.

Try one of these:



☐ Walk for 2–3 minutes



☐ Stretch your shoulders and neck



☐ Take 5 slow, deep breaths

Small movement breaks improve energy, increase focus, and help reduce the effects of prolonged sitting.

2 WEEKLY CHALLENGE



HYDRATION CHALLENGE

Hydration supports nearly every function in your body.

GOAL:

Drink $\frac{1}{2}$ your body weight (in ounces) of water at least **5 days** this week.

☐ Mon ☐ Tue ☐ Wed ☐ Thu
☐ Fri ☐ Sat ☐ Sun



COACH JAMAR'S WELLNESS TIP

Before reaching for another cup of coffee, drink a full bottle of water first.

Many people mistake dehydration for fatigue. Sometimes the boost you're looking for starts with better hydration.

3 CELEBRATE A WIN



Before next week, recognize one healthy decision you've made since starting FUEL.

Small wins become lasting habits.



JOURNAL PROMPT

What has my body been trying to tell me lately, and how can I respond to it this week?



Celebrate your progress. Give yourself grace. Keep showing up.

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Coach Jamar Robinson

Director of Wellness & Recreation
Change Church

LET'S BUILD A HEALTHIER FUTURE TOGETHER.