

M.O.V.E. Forward!

with Life!

July 2024



rwhwy.org



EmPOWERHer

REWARDS PROGRAM

Participate in our
*Monthly
Challenge*

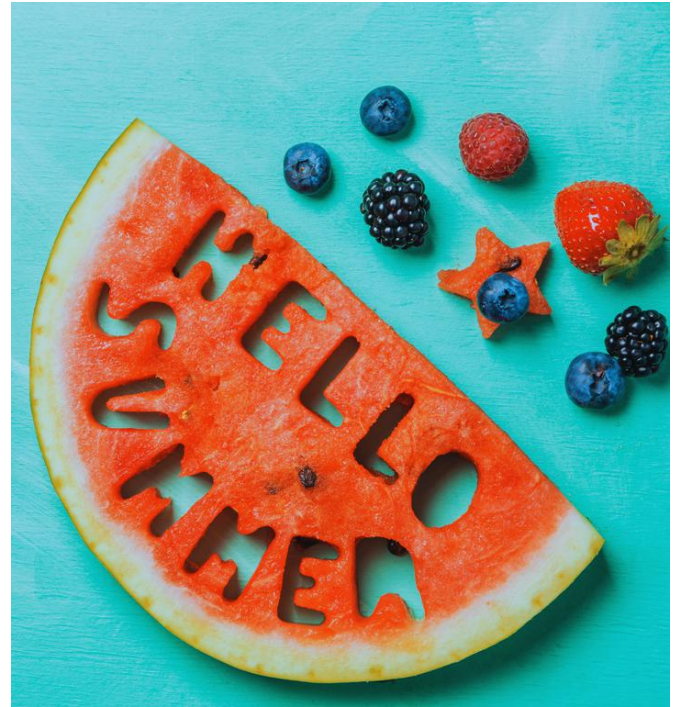


M.O.V.E. FORWARD!

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Ways to Make Our Visions
Everything (M.O.V.E.ing) in 2024:
Putting Wellness and Health First!
Dr. Crawley

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July Summer Time Challenge

*You must be a member of our Slack community to be eligible for prizes.



The challenge for this month is all about breathing in fresh air.

The only thing that is required of you is to "Go Outside" and let our Slack community know about your experience.



“

I had a great time walking at the park today and met my 10K step goal!

”



Stay Cool and Keep Your Digestion System Safe

Summer has arrived! Your gut is vital to your health. This organ digests food, absorbs nutrients, and houses a large part of your immune system. A healthy gut gives you energy, glowing skin, and a good mood for summer. Outdoor food activities increase as the weather warms and the days lengthen. However, rising temperatures may affect our digestive system. This article suggests ways to maintain a healthy gut and keep food safe.



MICROBIOME

Summer Food Safety Tips

1. Cool Food

To prevent bacterial growth, store perishable foods at safe temperatures. Transport food in coolers with ice packs and do not leave perishables out for more than two hours (one hour above 90°F).

2. Cook Food Thoroughly

Warm weather accelerates food bacteria growth, increasing foodborne illness risk. Cook meats properly to kill harmful bacteria.

3. Hygiene

Wash hands often, especially before eating. Wash all surfaces and utensils to avoid cross-contamination. Use hand sanitizers and wipes when dining outdoors.

4. Handle leftovers carefully

Store leftovers in shallow containers and refrigerate quickly. Use them within a few days for safety and freshness.

Remember

Keeping your gut healthy in summer requires staying hydrated, eating a balanced diet, using probiotics, and following food safety rules. These steps let you enjoy summer without affecting your digestion. Stay cool, safe, and enjoy the season!



1. Stay Hydrated

Heat can cause dehydration and constipation. Digestion and nutrient absorption require water. Drinking water throughout the day is important because sweating loses more fluids in the heat. Get at least 8 glasses, more if you are active or in the sun.

2. Balance Your Diet


Increase your fruits, vegetables, whole grains, lean proteins, and fermented foods. They provide essential nutrients and microbiome health. Berries, melons, and leafy greens, are hydrating and high in fiber.

3. Add Probiotics

Travel and eating out more in summer can disrupt your diet and gut microbiome. Probiotics improve gut health. Eat yogurt, kefir, sauerkraut, and kimchi. These can reset gut flora and improve digestion.

Your donation makes a difference!



 YouTube Premium

All YouTube. No interruptions.

YouTube and YouTube Music ad-free, offline, and in the background

**If we can raise \$140, we can
show fitness videos uninterrupted!**

 Real Women Helping Women & Youth

Donate to make a difference




Your donation

What impact will this donation have? ⓘ

One-time donation Monthly donation Yearly donation

\$25.00 \$50.00 \$75.00 \$150.00

0.00 \$

 Did you know? When you give on any other platform, up to 10% of your gift is used to cover fees. We choose to fundraise on Zeffy to receive 100% of your gift.



RWHWY.org

Summary

Donation \$0.00

Share this campaign



Send Your Donation via PayPal



Send Your Donation via Cashapp



**Send Your Donation via Zelle to
realwomenhelpingwomen@gmail.com**



EmPOWERHER!

A M.O.V.E. Rewards Program



M.O.V.E. is introducing a commitment to self-improvement reward program for women participating in group activities for various durations as a way to acknowledge and incentivize long-term engagement and foster a sense of community. Below are the details about the tiered loyalty reward program.

Tiers

Our tiers are designed to reward members who have continuously participated with our M.O.V.E. Slack channel.

When selecting fitness activities, it's essential to choose ones that align with your current fitness level. Gradually work your way up to higher intensity exercises as your fitness improves. It's critical to listen to your body, maintain proper form, and avoid injuries.

Before beginning any exercise routine, it's essential to consult with your physician. If you have specific fitness goals or limitations, a fitness professional can provide customized guidance to help you reach your goals safely and effectively.



Explorer
3 months



Adventurer
6 months



Trailblazer
9 months



Pioneer
12 months

M.O.V.E. New Rewards Program!



Fresh Fruit Ideas!

Cilantro, red onion, jalapeño, cucumber, tomatoes, and creamy dressing are all ingredients in cucumber salsa. Chips, a side salad, or grilled meat would be great accompaniments.



Fresh fruit cup!

Whipped cream!



Fresh fruit bowl!



Fresh lemonade!

Smoothies!



Fresh orange juice!



Fruit infused water!



Women are invited to join our Slack Community and post additional options in our #M.O.V.E. or #Random channels!



Elevate & Touch on Trust - TAPN2U

(YOU- Your Own Universe)

It ain't the thing...it's how You look at it.(c) Thought Healing(c)

Join the Movement...the TAPN2U (Inner Peace & Thought Healing) Movement

Click on the photo and listen to the message.



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TAPN2U Movement, LLC

(TAPN2U 4 World Peace & Change the World)



Self-Awareness is Self Recovering.

Self Recovering is Thought Awareness & Healing.

World Peace begins with One Individual ~ One Thought ~ One Healing

Join the Movement...The TAPN2U Movement!

Thriving to be a Sustainable Branding Online Home



SWIMMING PRECAUTIONS

An illustration of a blue inflatable pool with three children inside. A boy on the left, a girl in the middle, and a girl on the right. A colorful beach ball is floating above them. To the right of the pool, a girl with dark skin and curly hair is floating on a pink and white ring.

WATCH CHILDREN
COVER THE POOL
PAY ATTENTION
STAY OFF THE PHONE
SWIMMING LESSONS



GYM NEWBIE SUMMER TIME ETIQUETTE:

Take your fitness to the next level by learning the gym's basic code of conduct.

1 Put equipment back in the proper place.

2 Be aware of others waiting for the equipment you are using.



3 Bring your own towel and water bottle.

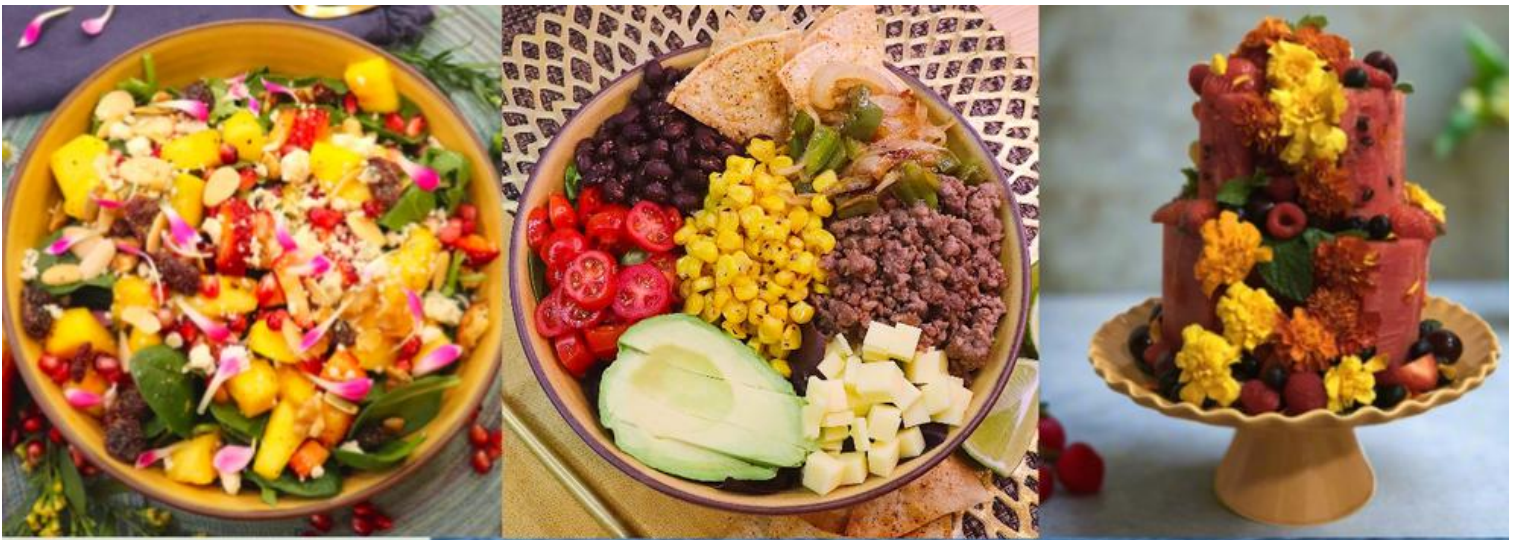


4 Respect the privacy of others.

5 Make sure to clean things after you use them.



6 Avoid cell phone conversations during your workout.



"Taste the Love in Every Bite at Big Mama Mae's Plant-Based Kitchen!"



Hidden Risks in the Water: Preventing Injury This Summer

Swimming in lakes, rivers and oceans can expose people to a variety of pathogens. Take these steps to stay safe when swimming in natural waters such as lakes and beaches.

- **Avoid swallowing water.**
- **Avoid swimming with cuts or wounds that could be exposed to bacteria in the water.**
- **People who are ill with a stomach or another type of illness that causes vomiting or diarrhea should also avoid the water because they can expose others to germs in their system.**
- **Wash hands before eating or preparing food or after using a restroom, if you want to get rid of bacteria.**
- **Shower after swimming in natural waters.**
- **Avoid water that has a film.**
- **Know where you are swimming – including depth, currents, tides, and potential hazards like rocks, weeds, or marine life.**
- **Never swim alone.**

Hidden Risks in the Water: Preventing Injury This Summer (continued)

- **Know where the lifeguard is stationed (if applicable).**
- **Wear sunscreen, hats, and UV-protective clothing.**
- **Identify Rip Currents: Look for differences in water color, choppy waves, or a line of foam or debris moving seaward. If caught, swim parallel to the shore until out of the current, then swim back to shore.**
- **Leave the water immediately if there are signs of bad weather, such as thunderstorms or high winds.**
- **Drink plenty of water and avoid excessive alcohol consumption, which can impair judgment and increase dehydration.**
- **Don't overestimate your swimming ability. If you're not a strong swimmer, stay in shallow areas.**
- **Be prepared to respond to emergencies by knowing basic first aid and CPR.**
- **Have a way to call for help.**

*If there was a solution to your anxiety,
how would it look?*



Everyone's experience with stress and anxiety is unique; try different approaches to see what works best for you. Incorporating these simple strategies into your daily routine can help you relax and feel better overall.

SIMPLE WAYS TO RELIEVE

Stress and Anxiety



**HEART AND SOUL
WELLNESS SOLUTIONS**

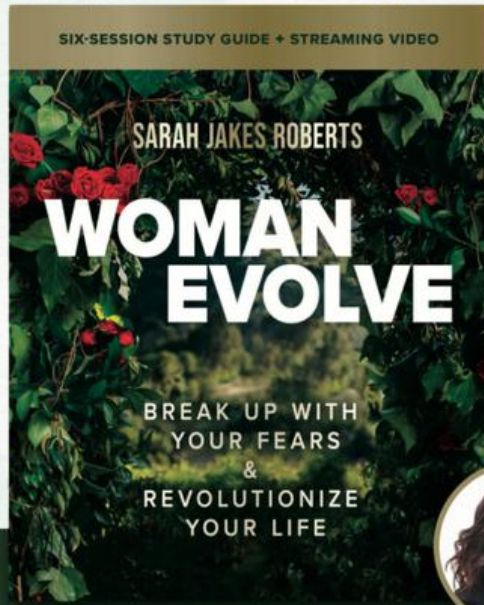
Therapy with a purpose

3400 Chapel Hill Road, Suite 100
Douglasville, GA 30135
Call us at (404) 383 4498

Schedule an Appointment

just relax



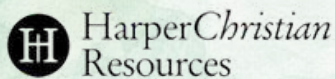


Our next

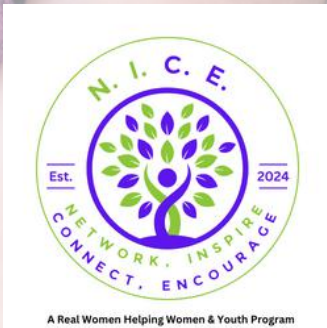
**Invaluable Me!
Sister Circle is
being planned.
Sarah Jakes
Roberts' Women
Evolve will debut
in August. RSVP
today to receive
email updates.**

**JOIN US FOR SOME
MUCH-NEEDED SOUL CARE**

Sarah Jakes Roberts takes us on a journey of breaking up with our fears and revolutionizing our identity. In this six-week video Bible study we will create an environment for our soul to be transformed in an atmosphere of sisterhood.



N.I.C.E. (Network, Inspire, Connect, Encourage) is inviting youth between the ages of 9 to 13 to a discussion about “Bullying” on Saturday, August 10 from 11-12:30 EDT.



DRINK MORE
WATER





Women are invited to join our Slack Community

Real Women Helping Women & Youth has launched a Slack community for women to connect, support, and inspire each other.

The community offers a platform for women to share experiences, seek advice, and collaborate with like-minded individuals.

The mission is to empower women by providing them with tools, skills, and opportunities to succeed.

The community is free to join, and women can request to join by clicking the link below to email realwomenhelpingwomen@gmail.com.



request to join Slack

Get Involved!

We are seeking volunteers for the following roles:

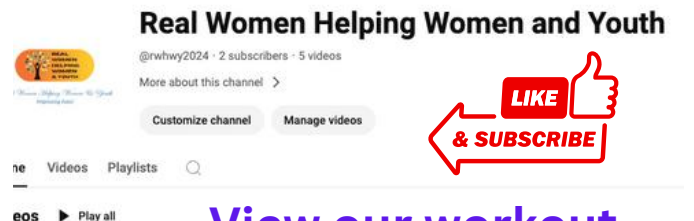
- 1. FUNdraisers:** Join our fundraising team and help us achieve our ambitious goals.
- 2. Social Media Specialist:** Join our social media team and assist us in expanding our reach and achieving our membership targets.

Proofreader: Help us ensure that our written materials are polished and error-free by proofreading documents, website content, and promotional materials

Volunteers Needed



Visit Our YouTube Channel!



[View our workout playlist on our YouTube Channel!](#)

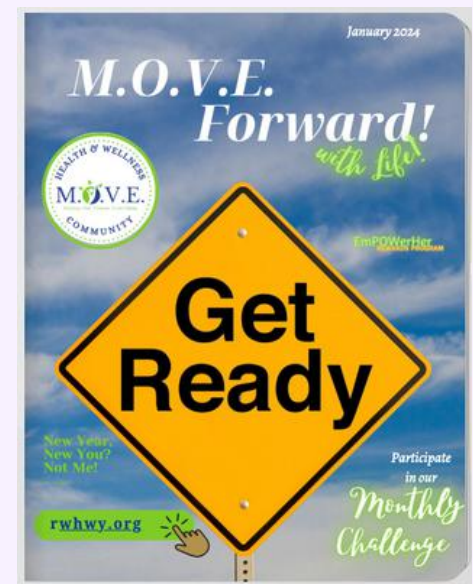
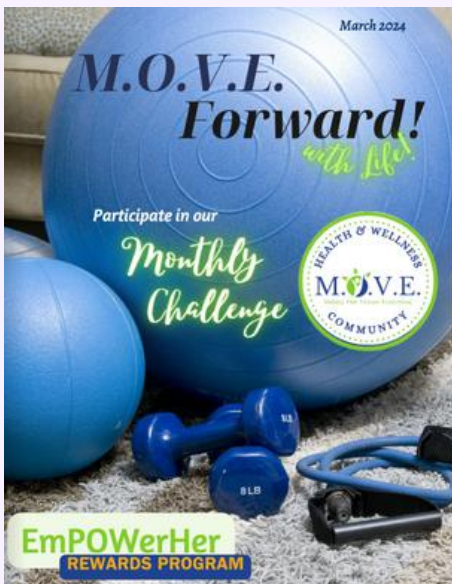
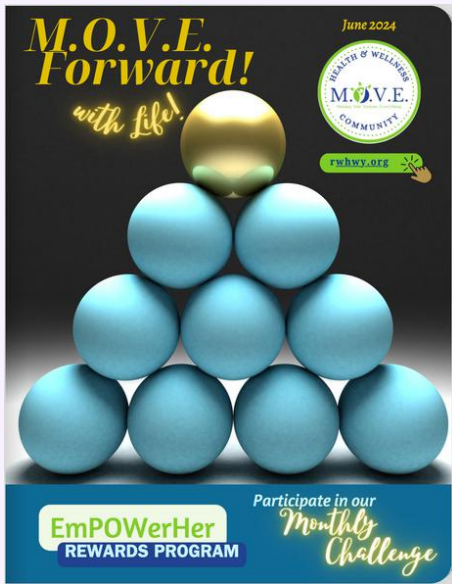




**REAL
WOMEN
HELPING
WOMEN
& YOUTH**

M.O.V.E. Forward! Magazine

Our magazine showcases a health-conscious theme with a specific interest in articles that center on enhancing women's health and wellness. Topics of interest include fitness, exercise routines, relationships, fashion trends, mental well-being, menopause, infertility, body positivity, beauty products, financial advice, nutritional supplements, skincare and haircare routines, household cleaning tips, poetry, recipes, arts and crafts, travel, and other innovative ideas aimed at enriching the lives of women.



Do not miss issues. Email realwomenhelpingwomen@gmail.com to join our magazine distribution list.

Visit our website to browse previous issues of M.O.V.E. Forward! or click the photo. Submissions are due by the 24th of the month.



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RWHW&Y is a 501(c)(3) nonprofit organization that operates four programs specifically designed to enhance the well-being of women and youth.

N.I.C.E. (Network, Inspire, Connect, Encourage) youth program activities are scheduled throughout the year. Visit our website or reach out to LaKeissa Armour at Armour@rwhwy.net for additional information.



Our Wise Ladies (O.W.L.s) is a book club



O.W.L.s are reading Birthmarked by Caragh M. O'Brien

In a brutal, arid world where water is valued more than gold, Gaia Stone and her family live under the watch and care of the Enclave. For all that the Enclave ...

Join our Slack or Facebook community for more information on the next book selection that will be offered in July.

M.O.V.E. (Making Our Visions Everything)

M.O.V.E. promotes healthy habits for women. Daily challenges and women's health information are available to members. However, all content is member-generated, and you should consult your doctor before making any healthcare changes. Please verify this group's information with other sources and consult your doctor about health and wellness issues.



Our Invaluable Me! Sister Circle had fun exploring music in June and plans are being made to offer Women Evolve by Sarah Jakes Roberts beginning in August. Women can follow our activities on Facebook or join our Slack community to participate in free events and activities.

Contributors

Thank you

- *Champagne, Big Mama Maes*
- *Dr. Anita, TAPN2U*
- *Dr. Latanya, Heart & Soul Wellness Solutions*

Advertising in M.O.V.E. Forward! magazine is free. Submissions must be educational, informative, uplifting, and positively focused on enhancing the lives of women.

Contact Us:
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rwhwy.org

Real Women Helping Women & Youth (RWHWY) supports M.O.V.E. Forward! magazine and encourages women to join our Slack community and encourages women and youth to participate in our events and activities.

Mission: We aim to empower women and youth by providing them with the tools, skills, and opportunities to succeed.

Vision: We envision a future where the limitless potential within every woman and young person is not just realized but celebrated, contributing to a more empowered, equitable, and thriving community.

The opinions expressed and offers in the articles published in this magazine are solely those of the individual contributors. RWHW&Y does not endorse any specific product, viewpoint or individual mentioned within these articles.





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A Real Women Helping Women & Youth Program

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