

CHAPEL HEALTH

Emmanuel Chapel Philadelphia Health Newsletter

“SMART” New Year’s Resolutions

As a new year begins, many of us feel inspired to make changes that support our health and well-being. Yet New Year’s resolutions often fade by February—not because our intentions are poor, but because our goals are too vague. One helpful approach is to use **SMART** goals, a framework that turns good intentions into sustainable habits.

SMART stands for **S**pecific, **M**easurable, **A**chievable, **R**elevant, and **T**ime-bound. Rather than resolving to “exercise more,” a SMART goal might be: “I will walk for 20 minutes after dinner, three days a week, for the next month.” This goal is clear, realistic, and easy to track. Small, attainable steps build confidence and momentum, helping healthy behaviors take root.

From a faith perspective, caring for our health is an act of stewardship. Scripture reminds us that our bodies are temples of the Holy Spirit, deserving of care and respect. SMART goals encourage balance and grace, reminding us that progress matters more than perfection. If a goal needs adjusting, that is not failure—it is wisdom.

As you plan for the year ahead, consider choosing one or two SMART goals that nurture your body, mind, or spirit. Pray for guidance, invite accountability, and celebrate small victories along the way. Faithful steps, taken consistently, can lead to lasting change.

GALATIANS 6:9

“Let us not grow weary in doing good, for in due season we will reap if we do now give up”

PHILIPPIANS 3:12-14, 20

“Not that I have already obtained this, or am made perfect, but I press on to make it my own, because Christ Jesus has made me His own....forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus.....But our citizenship is in heaven, and from it we await a Savior, the Lord Jesus Christ, who will transform our lowly body to be like his glorious body.”

STROKE Awareness

What is a Stroke?

Blood vessels supply the brain with necessary oxygen and nutrients. A stroke occurs when the brain is deprived of oxygen because a blood vessel becomes blocked by a clot, or bursts. Stroke is the No.5 cause of death and is a significant cause of disability in the United States.

What are the symptoms of Stroke?

Symptoms of a stroke can be summarized using the acronym F.A.S.T. Additional symptoms include sudden numbness of the face, arm, or leg, especially if it is happening on one side of the body. A person might also appear confused, or have difficulty speaking or understanding what you are saying to them. They might also have impaired vision, be unable to walk, experience dizziness, or have a sudden unexplained headache.

What should I do if a person is having Stroke symptoms?

The best action is to remain calm, call 911, and keep the person safe from harm while help arrives. This might mean having them sit or lie down in a comfortable location, or even on the ground if there is nowhere to sit. Check the time you call 911 so that you can tell first responders when the symptoms began.

What are the long-term effects of Stroke?

Different areas of the brain control how a person thinks, feels, or moves. The long-term effects of a stroke will depend on the area of the brain that has been affected, and the severity of the damage. Not all effects of stroke are permanent, but many times a person will need ongoing physical or occupational therapy to regain function.

How can Stroke be prevented?

Stroke can be prevented by preventing the things that cause a blood vessel to clot or burst. This means controlling medical conditions like high blood pressure, cholesterol, diabetes, or irregular heartbeat from AFib. If you smoke cigarettes, QUIT! Exercise daily, eat a balanced, heart healthy diet, and work to manage stress.

F.A.S.T.

 **FACE**
Drooping

 **ARM**
Weakness

 **SPEECH**
Difficulty

 **TIME**
to Call 911



For more information use the QR code to visit [Stroke.org](https://www.stroke.org)

