

## 🌀 Section 4: Choose Relevant and Enjoyable Activities 🌀

You have chosen several ways you will build physical activity and healthy eating opportunities into your church events and ministries. Now it is time to make sure that what you chose will be relevant and enjoyable for your church. Review the following suggestions and check which things you would like to try. We suggest that you try or use **at least two ideas for physical activity** and **at least two ideas for healthy eating**.



- Tie health messages to **scripture**
- Discuss the importance of health, physical activity, and healthy eating in **Bible Study**
- Make opportunities **convenient** by including them into existing activities
- Make opportunities **appealing and appropriate** to all church members (consider a **brief survey** of the interests of people in your church)
  - Younger, middle-aged, and older adults
  - Men and women
  - Healthy people, as well as those with health conditions
- Involve youth** in programs as a way to engage youth in changing their eating practices and their parents' and grandparents' practices, too.
  - Have youth plan and lead physical activity breaks
  - Hold a YPD cook-off
  - Hold trainings in healthy cooking at Vacation Bible School or other events
  - Have a program (curriculum) for children about planning and gardening
- Use **contests** between churches or members (post your results!) & offer **prizes**
  - Dance contests
  - Walking contests (e.g., who can walk the most steps or most miles in a month)
  - Weight loss contests
  - Healthy recipe makeovers (e.g., best meat dish, best dessert, best salad, etc)
- Make healthy foods **full of flavor with spices** (help people become more aware of what types of spices work best with which foods)
- Have members **sample healthy foods and share recipes**
- Have members **sample different types of physical activities**
- Make sure programs **last over time** by putting new spins on activities
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_

