

Faith, Activity, & Nutrition (FAN) Program Plan
Church Name: St. Michaels

Section 3: Have Opportunities for Everyone

3.1. PA Plan 1:	Conduct physical activity during weekly Bible Study using the "Gospel Lift-Off" CD.
3.1. PA Plan 2:	Conduct physical activity session during Official Board Meeting once a month using the "Gospel Lift-Off" CD.
3.1. PA Plan 3:	Conduct physical activity session during weekly Worship Service using the "Gospel Lift-Off" CD.
3.2. Healthy Eating Plan 1:	Add fruit and veggie trays and water to menus during weekly Bible Study.
3.2. Healthy Eating Plan 2:	Fruit and veggie trays and water will be served during monthly Board Meeting.
3.2. Healthy Eating Plan 2:	Add more fruits and healthy snacks monthly during Children's Church, 3rd, 4th, 5th Sunday.
3.3. PA Program 1:	Establish a walking club for members of all ages.
3.3. PA Program 2:	Establish an Aerobics Ministry for members of all ages.

Section 4: Choose Relevant and Enjoyable Activities

Idea 1:	Make opportunities appealing and appropriate to all church members (consider a brief survey of the interests of people in your church)
Idea 2:	Involve youth in programs as a way to engage youth in changing their eating practices and their parents' and grandparents' practices, too.
Idea 3:	Make healthy foods full of flavor with spices (help people become more aware of what types of spices work best with which foods)
Idea 4:	Have members sample healthy foods and share recipes

Section 5a: Provide Information and Materials for Everyone

5.1. Core activity 1:	Pass out bulletin inserts (or include information in bulletins) about physical activity and healthy eating to the whole church (the FAN program will provide)
5.1. Core activity 2:	Share Health Moments with physical activity and healthy eating messages with the whole church (the FAN program will provide)
5.1. Core activity 3:	Pass out handouts (e.g., brochures, flyers) about healthy eating and physical activity (the FAN program will provide) to the whole church

5.1. Core activity 4:	Create a bulletin board with information about physical activity and healthy eating and about opportunities to be active and eat well for the whole church to see
5.1. Other activity:	Make church announcements about physical activity and healthy eating
5.1. Other activity:	Health Director or FAN Champion will attend church meetings to talk about physical activity and healthy eating

Section 5b: Help Your Pastor Support the Program	
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5.2. Core activity 1:	Make sure that Health Directors (or Champions) have time to talk about physical activity and healthy eating during worship services and church meetings
5.2. Core activity 2:	Provide messages and information about physical activity and healthy eating that Pastors can talk about from the pulpit (the FAN program will provide messages)
5.2. Core activity 3:	Give your Pastor (and Pastor's spouse) a pedometer and encourage him/her to wear it to be a role model
5.2. Core activity 4:	Suggest guidelines and practices that the Pastor can put in place at church to support physical activity and healthy eating (e.g., healthy foods must be available at every church function that has meals or snacks; physical activity breaks must be built into every meeting lasting 60 minutes or longer)
5.2 Other activity:	Provide the pastor with additional information about healthy eating and physical activity.

Section 6: Make Sure your Church Has the Capacity for Health Promotion	
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6.1. Status of Health Director:	We do not have a Health Director. We plan to ask for nominations for this position.
6.2. Physical Activity Champion:	Our Church has a Physical Activity Champion, Ms. Jordan
6.2. Healthy Eating Champion:	Our Church has a Healthy Eating Champion, Mr. Time
6.3. Idea 1 to increase church capacity:	Send member(s) to be trained as certified exercise instructors

Date of Kickoff event:	3/15/2012
FAN Coordinator:	Mrs. White
Committee Members:	Rev. Clark, Ms. Jordan, Mr. Time, Mrs. White, Mrs. Ingle

Budget:	\$1000 (budget form completed)
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