

Welcome FAN Committee!!!

Dear FAN Committee Members,

We are glad to have you as part of the team! Let's be a blessing to your church family.

As you may recall from Committee Training, you can use FAN materials to improve your health. Use this service as a tool for your FAN program. This is a partnership. We want to help your church maintain the best physical activity and healthy eating program possible.

Visit the health-e-ame.org website to download:

- FAN **letters/newsletters** with **helpful teaching tools** like health messages, brochures and bulletin inserts.
- Ideas about FAN **incentives** to help promote healthy living at church FAN events.
- Tools for FAN Cooks (**recipes and healthy eating tips**).
- **Pastor Activity Packs**: These activities will not take much time from your Pastor's busy schedule and still help him/her be a positive role model for healthy change in your church. Support your pastor!

As FAN Committee Members, you are your church's biggest **supporters** and active **role models** for health, spiritual and physical well-being.

Now for some Healthy FAN tips:

From Start to Finish, Promotion is the key!

- Promote your program ideas! When is your kick-off event? What fun activities and foods can church members look forward to?
- Have your Pastor and Champions announce messages during Sunday service, bible study, etc. Don't forget to mention the FAN bulletin inserts.
- Let people know all ages and abilities are welcome to take part in your program.
- Keep in mind yearly traditions that help promote health topics, like Women's month, Breast Cancer month, New Year's, and Thanksgiving. For example, obesity raises breast cancer risk. Healthy eating and regular physical activity can lower this risk.
- Make use of your resources. Be sure to share information with your entire FAN Committee (including cook's and lead kitchen staff) and church congregation.
- Include FAITH messages and support FAN Goals at talks and special events.

Be a FAN for your health: Increase your faith, be more physically active, and eat more fruits and vegetables!

Welcome to the team!



FAN Committee Monthly

The key to making successful healthy change is to start low and go slow.

This Month:

- **Handouts.** Please make sure your church members see these materials.
- **Bulletin insert.** Place this insert inside your church program. Make an announcement about it during service. This month teaches “Small Steps to Healthy Change.”
- **Energize Yourself brochure.** Make sure to highlight benefits of physical activity with this brochure of the month (**found in your FAN Church Manual, from Committee Training**). **Get members ready to move!** You can use this tool as a guide to teach the benefits, basics and the ease of being more physically active.

Two Resource Updates.

- **PAR-Q (Physical Activity Readiness Questionnaire):** For most people, being more active is very safe and healthy. Worried about safety? Use this 7-question survey to screen persons who may need doctor’s approval and modification. If a member says “yes” to any question, ask that they see their health care provider first. See your church manual for this document.

Cooks Tools. Enclosed is a **Recipe of the Month** that cooks and members might try.

- Don’t forget to include FAN Cooks at kick-off and other FAN activities. Use FAN Committee meetings to discuss trainings and plans with all Committee Members.

Activity. Are you ready for your kick-off event or more chances to spread the FAN message? Use FAN handouts and bulletin inserts to spread the word.

What other kick-off event activities will your FAN Committee propose for church members this month? In this month’s Pastor Activity Packs, **pastors are put to the challenge!** Pastors are asked to wear a step counter (pedometer) and log their weekly step count (or minutes).

- **FAN Committee.** If your church would like to order pedometers, try your local Walmart or any sporting good store. You can also order them online.
Try using them in a walking contest among Committee Members or with your pastor.

See how many steps you get today? How about tomorrow?
Do you walk more or less on weekends? What about at church?

May you *“prosper in all things and be in health, just as your soul prospers”*
III John 1:2 (New King James Version)





In Step with Faith, Activity and Nutrition

FAN Committee Physical Activity Log Month 1



Week 1

Day	Date	Step Count or Minutes
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Total Steps/ Mins:		

Week 2

Day	Date	Step Count or Minutes
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Total Steps/ Mins:		

Week 3

Day	Date	Step Count or Minutes
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Total Steps/ Mins:		

Week 4

Day	Date	Step Count or Minutes
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Total Steps/ Mins:		

Notes: _____



Pastor Activity Packs

Welcome!

Dear Pastor,
Welcome to FAN. Thank you for your commitment to health ministry! We are so happy to have you as part of the team because FAN churches need FAN Pastors!!

Who are FAN Pastors? FAN Pastors are **supporters** and active **role models** of healthy habits for the spiritual and physical well-being of all church members.

The 1st FAN goal is to help people in your church meet recommendations for **physical activity** and **healthy eating**. As a pastor, you have the spotlight to call attention to healthy lifestyle changes.

Did you know?

- ▷ SC African Americans are **more likely** to be obese than SC Whites
- ▷ Compared to Whites, African Americans develop high blood pressure **sooner** in life and average blood pressures are much **higher**
- ▷ Compared to Whites, African Americans in SC are **twice** as likely to have diabetes and **3 times** as likely to die from diabetes
(CDC, 2005; AHA, 2007)

Pastors, this packet is your first in a series made just for you. We know you are busy, so we won't take much time. In months to come, we hope you will look forward to new activities to help you help your church members live healthier lives.

What to expect from Pastor Activity Packs: A brief fact sheet on the topic of physical activity or healthy eating, and a fun and healthy activity that we hope you will enjoy and share with your members.

Pastor Activity Packs goal: Save time and have fun while motivating members to follow 3 simple guidelines: increase your faith, be more physically active, and eat more fruits and vegetables!

P.S. Your first mission—should you choose to accept it—is enclosed. Good luck!

May you “prosper in all things and be in health, just as your soul prospers”
III John 1:2 (New King James Version)

Pastor Activity Packs

MISSION 1: Physical Activity

The key to making successful healthy change is to start low and go slow.

FAN Goal of the month:

Be physically active at a moderate intensity (e.g., brisk walking) for 30 minutes per day, at least 5 days per week.

Facts:

- **Long lasting change comes in small steps.**

If 5 minutes is the most moderate intensity activity a church member can do at one time, that's ok. Make the most of 5 minutes. Increase little by little until he/she can meet the goal of 30 minutes or longer.

- **10 minute bouts count.**

Research shows that 10 minutes added together from 3 different times during the day is enough to give a person the same health benefits as 30 nonstop minutes of activity (think of doing 3 sets of 10 min. or 2 sets of 15 min.). Don't have enough time, today? Every body could use a 10 minute break 😊

- **Physical activity helps keep you healthy.**

A few health gains of regular physical activity include preventing high blood pressure, diabetes, heart disease and overweight. Physical activity also helps maintain control if one already has these conditions. Expect better sleep, more energy & to feel good.

Activity: ♦ Enclosed is a *walking log sheet* ♦

Here's your mission... Use a step counter (pedometer) to see how many steps you get today? How about tomorrow? Do you walk more or less on weekends? What about in the pulpit? If you don't have a step counter, you can track minutes of activity.

Share:

- Wear your pedometer proudly. It's a fashionable conversation piece.
- Who walks more? You, your spouse, or fellow church members?
- As one FAN pastor stated: *"You may not always know it at the time, but your church members really listen to you."*

Announce your steps from the pulpit!

"...A prudent man gives thoughts to his steps." Proverbs 14:15 (NIV)





In My Pastor's Steps

Pastor Activity Walking Log



Week 1

Day	Date	Step Count or Minutes
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Total Steps/ Mins:		

Week 2

Day	Date	Step Count or Minutes
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Total Steps/ Mins:		

Week 3

Day	Date	Step Count or Minutes
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Total Steps/ Mins:		

Week 4

Day	Date	Step Count or Minutes
Sunday		
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Total Steps/ Mins:		

Notes: _____



Every Journey Starts With the First Step



“If the Lord delights in a man's way, he makes his steps firm; though he may stumble, he will not fall, for the Lord upholds him with His hand.” Psalms 37:23-24 (NIV)

For many of us, a healthy lifestyle is more of a dream than reality. Sometimes making changes seems too hard. But the first step toward a healthy lifestyle doesn't have to be big. A first step can be as simple as taking the stairs instead of the elevator, or swapping your daily candy with a piece of fruit. Once you decide to improve your health, start with something easy. Every change after that will seem easier. **Be a FAN for your health!** Small steps can begin today.

Questions about the Faith Activity and Nutrition (FAN) Program?
Please contact your church FAN Coordinator.



Every Journey Starts With the First Step



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Questions about the Faith Activity and Nutrition (FAN) Program?
Please contact your church FAN Coordinator.

Greetings FAN Cooks and Lead Kitchen Staff!

Welcome to FAN! Church Cooks are key FAN Committee Members. Each month there are new recipes, tips, and greetings from your favorite Clemson chefs and teachers!

Reach FAN goals this month with more fruit and vegetables, more whole grain, less fat and less salt. Keep your church members full with strength to keep praising. Your Recipe of the Month is in honor of the **sweet potato**.

Eat more vegetables with **sweet potatoes!**

Why? In the southeast, we can find sweet potatoes at almost any time during the year. Just visit your local farmers market! And sweet potatoes are good sources of vitamins and other antioxidants (aging and cancer fighters). Think about the FAN goals. One medium sweet potato (6 oz) is a **vegetable** with less than 1 gram of saturated **fat**, and 21.4 milligrams of **salt**.

Sweet Potato Mash

Makes 8 servings

Ingredients:

6 large sweet potatoes	1 teaspoon vanilla
¼ cup of Splenda (no calorie sweetener)	Cinnamon, to taste
4 tablespoons (½ stick) margarine	Salt, to taste
2/3 cup evaporated skim milk, warm	

Scrub the potatoes and drop them into a large pot of boiling and lightly salted water. Cook until the potatoes are tender (about 30 minutes). Drain the potatoes and let them cool. Preheat the oven to 350° F.

When the potatoes are cool enough to hold in your hands, peel them and put them in a large mixing bowl.

Mash the potatoes. Stir in the Splenda, margarine, evaporated milk, and add cinnamon and salt, to taste.

Grease a baking dish with cooking spray. Spoon the potato mix into the dish. Bake until bubbly (about 25 to 30 minutes).

“So whether you eat or drink or whatever you do, do it all for the Glory of God.”

1 Corinthians 10:31 (New International Version)

SCDHEC, 2007 (Healthy Heart & Soul Recipe Book)



MUSC Resources for FAN Churches



The Medical University of South Carolina (MUSC) partners with many community events and organizations to give you access to health promoting opportunities that are free, or at low-cost. MUSC works to provide you with information for nearly any health concern you may have.

The FAN Program has created a partial list of available resources that may help keep your church healthy. Example resources include educational materials, screenings, Mobile Health Van access, and other services.

For a complete listing of resources, more information, or to find out about the many additional services available, call (843) 792-1414 *or* 1-800-424-MUSC (toll-free). Or visit these websites:

To access a calendar of local community events, by month visit

➤ http://www.muschealth.com/community_events

To see more MUSC partner organizations, visit

➤ <http://www.muschealth.com/resources/index.htm>

* Community Resources *

(sorted by topic)

Arthritis
<p style="text-align: center;"><u>Arthritis Foundation</u> <i>Lowcountry Chapter</i> – PO Box 6228, Hilton Head Island, SC 29938 Email: jgilles@roadrunner.com Website: www.arthritis.org Phone: (843) 686-7399</p>
Cancer
<p style="text-align: center;"><u>American Cancer Society</u> <i>Charleston Office</i> – 5900 Core Road, Suite 504, N. Chas., SC 29406 Contact for local events and services. Website: www.cancer.org Phone: (843) 744-1922</p>
<p style="text-align: center;"><u>National Cancer Institute</u> (Cancer Information Service) For the lay person. Talk with cancer specialists (not Medical Doctors) and get reliable cancer information. Website: http://cis.nci.nih.gov Phone: 1 (800)-4-CANCER (1-800-422-6237)</p>

Cancer*...Continued...***Best Chance Network**

Free breast exams, mammograms & Pap tests (women, age 47-64, income eligible).
Many local locations.

Phone: (843) 763-2252

Diabetes**American Diabetes Association**

2711 Middleburg Drive, Columbia, SC (Suite 110)

Educational programs, support groups and a camp for children with diabetes.

Website: www.diabetes.org Phone: 1 (800) 342-2383

Juvenile Diabetes Foundation

4 Carriage Lane, Charleston, SC 29407

Support for diabetic children and their parents.

Website: www.diabetes.org Phone: 1 (800) 763-1973

REACH 2010 (*Diabetes at MUSC College of Nursing*)

Coalition of people and organizations to help African Americans better manage diabetes.
Offers support groups and diabetes classes. Call for information.

MUSC Nursing Phone: (843) 792-5872 Enterprise Health Ctr Phone: (843) 308-2400

Franklin C. Fetter Health Ctr Phone: (843) 722-4112

Fitness & Weight Loss**Advantage Mall Walkers** (Roper Hospital)

Senior walking clubs. Call for information. The Roper Hospital Advantage Program also offers grandparenting programs and retirement planning.

Website: www.ropersaintfrancis.com Phone: (843) 724-2489

Health Care**Medicaid**

For eligibility, bring photo ID, birth certificate, social security card, child social security numbers, unpaid bills in the past 3 months and any bank statements.

Medicaid (General Information) Phone: 1 (888) 549-0820

Berkeley Co. DSS Phone: (843) 761-8044 – Charleston Co. DSS Phone: (843) 792-0444

Health Services (Adult & Child)

Franklin C. Fetter Health Centers

Health care services: (prenatal, pediatric, geriatric, OB/GYN, family care, lab work, screenings, TB tests, pharmacy, health education, & behavioral health). Medicare, Medicaid, sliding scale.

Charleston – 51 Nassau Street	Phone: (843) 722-4112
Cross – Highway 6	Phone: (843) 753-2334
N. Charleston (Enterprise) – 2047 Comstock Ave	Phone: (843) 308-2400
N. Charleston – 3915 Miss King Lane	Phone: (843) 554-8855
N. Charleston – 3973 Rivers Ave	Phone: (843) 747-8755
Summerville – 700 B North Pine Street	Phone: (843) 821-3444
Monck’s Corner – 730 Stony Landing Road	Phone: (843) 761-2000

Saint James-Santee Rural Health Center

Medical, dental, OB/GYN, prenatal, and pediatric care. Breast exams, immunizations, lab and pharmacy services. Substance abuse counseling. Transportation available.

Phone: (843) 887-3274

Heart Disease

American Heart Association

409 King Street, Charleston SC 29403

Prevent heart disease, stroke & high blood pressure. Educational tools available.

Website: www.americanheart.org **Phone:** (843) 853-1597

Senior Health & Services

Advantage Senior Programs (Roper Hospital)

Special services for people ages 50+. Senior Resource Center.

Website: www.ropersaintfrancis.com **Phone:** (843) 724-2489 or (843) 402-2273

American Association of Retired Persons (AARP)

Local chapter. Meets monthly for various presentations on topics of interest to seniors, age 50+.

Website: www.aarp.org **Phone:** (843) 762-1512

Cool Breeze Project

116 Meeting Street, Charleston SC 29401

Summer months. Takes applications for fans and air conditioners for seniors 60 years and older.

Phone: (843) 766-7180

Senior Health & Services

...Continued...

Meals on Wheels

Community meal delivery to eligible senior citizens.

Peninsular area of Charleston **Phone:** (843) 577-2795

Summerville **Phone:** (843) 873-8224

East Cooper **Phone:** (843) 881-9350

N. Chas., James Island, West Ashley **Phone:** (843) 722-4127

SC Services Information Systems (SCSIS)

Information on senior services (age 60+) and persons with disabilities.

Phone: 1 (866) 818-6499 or 1 (800) 922-1107

Smoking

American Cancer Society

Smoking prevention and quitting tools.

Website: www.cancer.org

Phone: (843) 744-1922

Veteran Health

VA Medical Center (Substance Abuse Treatment)

109 Bee Street, Charleston SC 29401

Health services, detoxification, and treatment for substance abuse.

Phone: (843) 789-7311 or (843) 577-5011

Vet Center

5603-A Rivers Ave, Charleston SC 29406

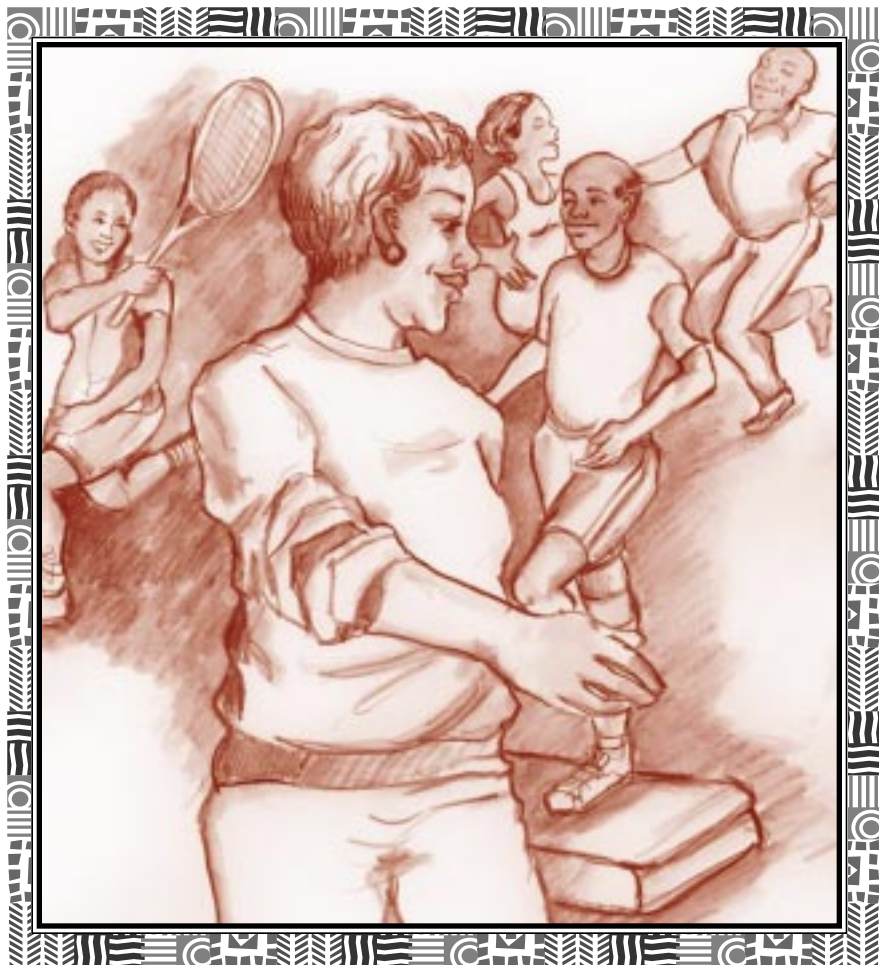
Individual & group counseling (marital, vocational, and benefits).

Website: www.va.gov

Phone: (843) 747-8387

Energize Yourself!

Stay Physically Active



NATIONAL INSTITUTES OF HEALTH
NATIONAL HEART, LUNG, AND BLOOD INSTITUTE
AND OFFICE OF RESEARCH ON MINORITY HEALTH



Add activity to your daily routine and feel more energetic!

Being physically active is important. It can help you feel better and improve your health. There are many fun things that you can do to be active—by yourself or with family or friends. Children and adults should do 30 minutes or more of moderate physical activity each day. You can do 30 minutes all at once or 10 minutes at a time, three times a day. If you are not used to being active, start out slowly and work up to 30 minutes a day. Add more activities for longer periods of time as you begin to feel more fit, or add some vigorous activity.



Improve your outlook!

Physical activity can be your solution to feeling tired, bored, and out of shape. With more physical activity you may feel less stressed!



Physical activity can also:

- make you feel more energetic
- help you lose weight and control your appetite
- help you sleep better
- lower your chance for diabetes
- lower your chance for a stroke
- lower your blood pressure
- improve your blood cholesterol levels

Move your body!

Change your habits by adding activity to your daily routine. Any movement you do burns calories. The more you move, the better. Check out some of these simple activities to get you started today.



To perk up:

- Get up 15 minutes earlier in the morning and stretch.
- Jog in place.
- Ride your stationary bike while watching TV.
- Workout along with an exercise video.

To do a quick workout:

- Use the stairs instead of the elevator.
- Walk to the bus or train stop.
- Walk to each end of the mall when you go shopping.
- Park your car a few blocks away and walk.



To have fun:

- Play your favorite dance music. Do the old steps you love—add some new moves.
- Jump rope or play tag with your kids or grandkids.
- Use hand-held arm weights during a phone conversation with a friend.

What's the best type of physical activity for you?

The best type is the one or two that you will do! Pick an activity that you enjoy doing and one that will fit into your daily routine. Start with moderate levels of activity and work your way up!

Make staying physically active a lifelong habit!

Make it a family thing.

Work out with your family, friends, or neighbors. Teaming up with a partner keeps you both motivated.

Make it a religious thing.

Start a physical activity group at your church.

Make it a work thing.

Keep a pair of walking shoes at your job. Hook up with a coworker and use part of your lunch time or breaks to be active. Challenge each other to better health.

Are you ready to get active?

- You can start being physically active slowly if you do not have a health problem.
- If you have a health problem, check with your doctor before starting a vigorous exercise program.



Create a healthier you!

Choose one activity from the list of moderate or vigorous activities above and get started for a healthier you! Get a pencil and write your answer below.

My goal is to _____ for at least
(write one favorite activity here)

_____ minutes _____ times each week.
(minutes per day) (number of times)





Make Physical Activity A Habit

Track your daily progress. Start out slowly. Soon you will reach 30 minutes or more a day!

Write in the log the number of minutes you are active each day:

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Example	10	15	15	20	20	30	30
Week 1							
Example	30	OFF	30	30	OFF	30	30
Week 2							
Example	30	30	OFF	30	30	30	OFF
Week 3							
Week 4							
Week 5							
Week 6							
Week 7							
Week 8							



NATIONAL HEART,
LUNG, AND BLOOD
INSTITUTE



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

Public Health Service
National Institutes of Health
National Heart, Lung, and Blood Institute
NIH Publication No. 97-4059
September 1997

PAR-Q & YOU

(A Questionnaire for People Aged 15 to 69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	1. Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor?
<input type="checkbox"/>	<input type="checkbox"/>	2. Do you feel pain in your chest when you do physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	3. In the past month, have you had chest pain when you were not doing physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	4. Do you lose your balance because of dizziness or do you ever lose consciousness?
<input type="checkbox"/>	<input type="checkbox"/>	5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?
<input type="checkbox"/>	<input type="checkbox"/>	6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
<input type="checkbox"/>	<input type="checkbox"/>	7. Do you know of <u>any other reason</u> why you should not do physical activity?

If
you
answered

YES to one or more questions

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want — as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

NO to all questions

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:

- start becoming much more physically active — begin slowly and build up gradually. This is the safest and easiest way to go.
- take part in a fitness appraisal — this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

DELAY BECOMING MUCH MORE ACTIVE:

- if you are not feeling well because of a temporary illness such as a cold or a fever — wait until you feel better; or
- if you are or may be pregnant — talk to your doctor before you start becoming more active.

PLEASE NOTE: If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

Informed Use of the PAR-Q: The Canadian Society for Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

No changes permitted. You are encouraged to photocopy the PAR-Q but only if you use the entire form.

NOTE: If the PAR-Q is being given to a person before he or she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administrative purposes.

"I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction."

NAME _____

SIGNATURE _____

DATE _____

SIGNATURE OF PARENT _____

WITNESS _____

or GUARDIAN (for participants under the age of majority)

Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.



PAR-Q & YOU

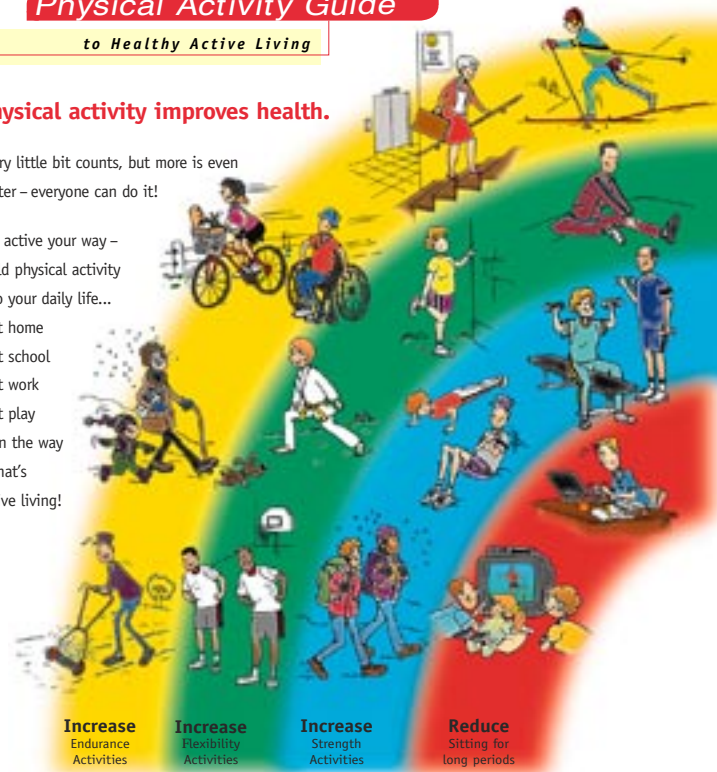
CANADA'S
Physical Activity Guide
to Healthy Active Living

Physical activity improves health.

Every little bit counts, but more is even better – everyone can do it!

Get active your way – build physical activity into your daily life...

- at home
 - at school
 - at work
 - at play
 - on the way
- ...that's active living!



- Increase** Endurance Activities
- Increase** Flexibility Activities
- Increase** Strength Activities
- Reduce** Sitting for long periods

Choose a variety of activities from these three groups:

Endurance
4-7 days a week
Continuous activities for your heart, lungs and circulatory system.

Flexibility
4-7 days a week
Gentle reaching, bending and stretching activities to keep your muscles relaxed and joints mobile.

Strength
2-4 days a week
Activities against resistance to strengthen muscles and bones and improve posture.

Starting slowly is very safe for most people. Not sure? Consult your health professional.

For a copy of the *Guide Handbook* and more information: **1-888-334-9769**, or www.paguide.com

Eating well is also important. Follow *Canada's Food Guide to Healthy Eating* to make wise food choices.

Get Active Your Way, Every Day – For Life!

Scientists say accumulate 60 minutes of physical activity every day to stay healthy or improve your health. As you progress to moderate activities you can cut down to 30 minutes, 4 days a week. Add-up your activities in periods of at least 10 minutes each. Start slowly... and build up.

Time needed depends on effort				
Very Light Effort	Light Effort	Moderate Effort	Vigorous Effort	Maximum Effort
• Strolling • Dusting	60 minutes • Light walking • Volleyball • Easy gardening • Stretching	30-60 minutes • Brisk walking • Biking • Raking leaves • Swimming • Dancing • Water aerobics	20-30 minutes • Aerobics • Jogging • Hockey • Basketball • Fast swimming • Fast dancing	• Sprinting • Racing
Range needed to stay healthy				

You Can Do It – Getting started is easier than you think

Physical activity doesn't have to be very hard. Build physical activities into your daily routine.

- Walk whenever you can – get off the bus early, use the stairs instead of the elevator.
- Reduce inactivity for long periods, like watching TV.
- Get up from the couch and stretch and bend for a few minutes every hour.
- Play actively with your kids.
- Choose to walk, wheel or cycle for short trips.
- Start with a 10 minute walk – gradually increase the time.
- Find out about walking and cycling paths nearby and use them.
- Observe a physical activity class to see if you want to try it.
- Try one class to start – you don't have to make a long-term commitment.
- Do the activities you are doing now, more often.

Benefits of regular activity: Health risks of inactivity:

- | | |
|--|--|
| <ul style="list-style-type: none"> • better health • improved fitness • better posture and balance • better self-esteem • weight control • stronger muscles and bones • feeling more energetic • relaxation and reduced stress • continued independent living in later life | <ul style="list-style-type: none"> • premature death • heart disease • obesity • high blood pressure • adult-onset diabetes • osteoporosis • stroke • depression • colon cancer |
|--|--|

Source: Canada's Physical Activity Guide to Healthy Active Living, Health Canada, 1998 <http://www.hc-sc.gc.ca/hppb/paguide/pdf/guideEng.pdf>

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FITNESS AND HEALTH PROFESSIONALS MAY BE INTERESTED IN THE INFORMATION BELOW:

The following companion forms are available for doctors' use by contacting the Canadian Society for Exercise Physiology (address below):

The **Physical Activity Readiness Medical Examination (PARmed-X)** – to be used by doctors with people who answer YES to one or more questions on the PAR-Q.

The **Physical Activity Readiness Medical Examination for Pregnancy (PARmed-X for Pregnancy)** – to be used by doctors with pregnant patients who wish to become more active.

References:

Arraix, G.A., Wigle, D.T., Mao, Y. (1992). Risk Assessment of Physical Activity and Physical Fitness in the Canada Health Survey Follow-Up Study. *J. Clin. Epidemiol.* 45:4 419-428.

Mottola, M., Wolfe, L.A. (1994). Active Living and Pregnancy. In: A. Quinney, L. Gauvin, T. Wall (eds.), **Toward Active Living: Proceedings of the International Conference on Physical Activity, Fitness and Health**. Champaign, IL: Human Kinetics.

PAR-Q Validation Report, British Columbia Ministry of Health, 1978.

Thomas, S., Reading, J., Shephard, R.J. (1992). Revision of the Physical Activity Readiness Questionnaire (PAR-Q). *Can. J. Spt. Sci.* 17:4 338-345.

For more information, please contact the:

Canadian Society for Exercise Physiology
202-185 Somerset Street West
Ottawa, ON K2P 0J2
Tel. 1-877-651-3755 • FAX (613) 234-3565
Online: www.csep.ca

The original PAR-Q was developed by the British Columbia Ministry of Health. It has been revised by an Expert Advisory Committee of the Canadian Society for Exercise Physiology chaired by Dr. N. Gledhill (2002).

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