

Dear **FAN** Committee Members,

Welcome to Month 15. This month we will focus on setting new goals.

**FAN Goal of the month:** Set new goals to continue being a FAN for your health.

Be proud and celebrate the efforts and steps you and your church members have made to lead a healthier lifestyle. You have been a FAN for your health by setting goals to: **I**ncrease your faith, **B**e more physically active and **E**at more fruits and vegetables.

This last mission of FAN focuses on setting new goals. Setting new goals is an important part of continuing to make healthy lifestyle changes for your health and the health of your church members.

## Setting New Goals The SMART Way

Here are some strategies to help you and fellow church members set new health goals to be physically active and eat healthy.

- Be **SPECIFIC** with the goals you set. For example, instead of setting a goal to increase your physical activity or to eat more fruits and vegetables, set a specific goal to walk around your neighborhood for 30 minutes three days a week, or to eat one extra vegetable dish a day.
- **MEAASURE** your goals. Take time to write down your goals, and keep track of your progress. Try posting your goals and progress in a place where you will see them often, such as on your refrigerator. You should be able to know whether or not you have achieved your goal. An measurable goal is, "I want to eat 5-9 fruits and veggies every day."
- Set goals that are **ATTAINABLE** and **REALISTIC**. You should be able to reach the goals you set. Start out by setting small goals that are easier to achieve. A realistic, attainable goal is, "I want to be able to walk a mile" or "I will eat fried foods only once a week." You will be more successful if you set goals you know you can reach.
- Be **TIME-ORIENTED** with your goals. Attach a time frame to your goals so you can track your progress and determine if you have achieved them. For example, instead of saying "I will lose 5 pounds," say "I will lose 5 pounds in 2 months."

*Use mission materials and resources to help yourself and church members set new goals. Remind members to:*

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



## FAN Committee Monthly

The key to making successful changes is to start low and go slow!

### In This Month's Mailing:

**Handouts.** *Please make sure your church members receive these materials.*

- **Bulletin inserts.** Place this insert inside your church program. Make an announcement about it during service. This month's topic is "Continue to Set New Goals in the Future."
- **Be a FAN for your health.** Handout this insert and help remind members of the skills and tips they can use to help lead a healthy lifestyle.
- **Short-term Goals and Long-term goals for Healthy Living.** This handout helps teach the importance of setting short-term and long-term health goals.
- **Setting Goals the SMART way.** This handout teaches members how to set goals that are Specific, Measurable, Attainable, Realistic and Time-oriented.

Two **Resource Updates.** *These can be used as handouts, teaching tools for announcements, and/or poster materials for your bulletin board.*

- **Goal Setting Worksheet.** This worksheet will help church members identify physical activity and healthy eating goals that are important to leading healthier lifestyles, obstacles they may face, people who can help you achieve your goals and ways of keeping track of your progress towards reaching your goals.
- **Walking... A Step in the Right Direction.** This handout from the Weight-Control Information Network teaches the importance of walking, steps to starting a walking program and bonus warm-up stretches.

**Cooks' Tools.** *Clemson chefs send cooking tips and another recipe of the month.*

- Remember, the main points of the DASH diet are based on eating a diet rich in fruits, vegetables, low fat, less salt and more whole grains.
- Try new recipes, and continue using the great recipes you have already tried. These recipes taught you how to cook food with lots of flavor while sticking to the DASH principles.
- This month's recipe is "Sweet and Sour Pork" served over brown rice. Try it at your next church event and remember to keep the DASH diet a part of your church practice.

### Activity.

This month's Pastor Activity includes a worksheet on goal setting. Pastors are asked to use the worksheet to set new health goals to be more physically active and eat healthy. They are also asked to use the worksheet to identify obstacles to achieving their goals, identify people who can help them achieve their goals, and keep track of their progress.

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

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 15: Reassess Your Goals

**FAN Goal of the month:** Set new short-term and long-term goals and continue being a FAN for your health!

Think back to health goals you have accomplished over the last several months with FAN. Be proud and celebrate your successes. [When the FAN program began at your church we asked you to set health goals that you could make a part of your healthy lifestyle plan.](#) Now, that we have reached the final month of FAN Pastor Activity Packs, we would like you to set new health goals for both yourself and your church. Setting goals is an important part of making healthy lifestyle changes. Take time to set short-term and long-term health goals.

Below are some strategies to help you set **SMART** health goals:

#### **Be S.M.A.R.T.:**

- Be **SPECIFIC** with the goals that you set. Instead of setting a goal to just increase your physical activity, be specific; an example of a specific goal would be, "I will walk for 30 minutes on Mondays, Wednesdays, and Fridays."
- **MEASURE** your goals. You should be able to know whether or not you have achieved your goal. A measurable goal is, "I want to eat 5 veggies a day." Track your progress and provide yourself with feedback.
- Set goals that are **ATTAINABLE** and **REALISTIC**. Start out by setting small goals that are easier to achieve, you should be able to reach the goals you have set. A realistic, attainable goal is, "I will only eat fried foods once a week."
- Be **TIME-ORIENTED** with your goals. Attach a time frame to your goals so that you can track your progress and determine if you've achieved them. For example, instead of saying "I will lose 5 pounds," say "I will lose 5 pounds in 2 months."

**Activity:** Complete the **Goal Setting** worksheet and outline your new health goals. Be sure to set new goals the **SMART** way! Also, read the handout on setting short-term and long-term goals. Learn how setting short-term goals can help you achieve your long-term goal of leading a healthier lifestyle.

#### **Share:**

- \* Inspire a fellow church member to set new goals the SMART way.
- \* Announce your progress from the pulpit.

*"I have fought the good fight. I have finished the race. I have kept the faith."  
2 Timothy 4:7 (NIV)*



# Goal Setting Worksheet

Use this worksheet to help outline your health goals and your plans for achieving them. Once you complete the worksheet below cut it out and post it in a place where you will see it often, such as on your refrigerator or bedroom mirror. Make a regular habit of reviewing your goals and you will be able to achieve them.

**GOALS SETTING FOR** \_\_\_\_\_,

( Your name here )

( Today's date )

## ***What goals are most important to you?***

List your three most important health goals (don't forget to be specific!):

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## ***What obstacles might you face?***

List obstacles to achieving your health goals:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## ***Who can help you?***

List family members, friends, coworkers, or church and community members who can help you to overcome obstacles to achieving your goals, and also list their phone numbers:

Names	Phone Number
1. _____	_____
2. _____	_____
3. _____	_____

## ***How can you track your progress?***

Circle the days of the week that you will track and reflect on your progress:

Monday    Tuesday    Wednesday    Thursday    Friday    Saturday    Sunday

List the time of day that you will track and reflect on your progress: \_\_\_\_\_

***List the date that you would like to meet at least one of these goals by:***

\_\_\_\_\_

Congratulations! You are on your way to achieving your goals.



## Continue to Set New Goals in the Future



“I have fought the good fight. I have finished the race. I have kept the faith”

Timothy 4:7 (NIV)

With every New Year, we tend to set goals to be more physically active, eat healthy and lose weight. Often times when we fail to meet goals we have set for ourselves we give up completely and think reaching our goal is impossible. However, a healthier and more active lifestyle is possible, but setting **SMART** goals is the first step towards success. Goals should be **S**pecific, **M**easurable, **A**ttainable, **R**ealistic and **T**ime-oriented. Continue to set new health goals in the future and apply **SMART** principles. Write your goals down and monitor your progress. Reach out to family, friends, pastors and church members to help you reach your goals. Be sure to use skills and tips you have learned during the FAN program to reach future health goals and lead a healthier lifestyle.

Questions about setting **SMART** health goals? Please contact your church FAN Coordinator.



## Continue to Set New Goals in the Future

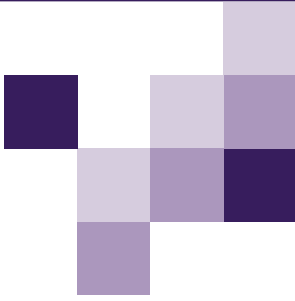


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Questions about setting **SMART** health goals? Please contact your church FAN Coordinator.



## Greetings FAN Cooks!

We hope that you were able to learn about the DASH diet and use cooking tips and recipes to promote a healthier lifestyle in your church and home.

As a reminder DASH stands for Dietary Approaches to Stop Hypertension. It is a dietary plan that promotes eating more fruits and vegetables, less salt, less fat, less sugar and more whole grains. The DASH diet recognizes that changing eating patterns can seem extremely difficult and so it aims to modify current foods we eat and how these foods are prepared. This diet also helps to reduce the risk of high blood pressure, heart disease, cancer and type 2 diabetes.

Below is a special DASH diet recipe. Try it at your next church event!

### Sweet and Sour Pork

*(by Clemson chef, Abby Culin)*

Makes 6 servings

#### Ingredients:

1 ½ pounds boneless top loin of pork (Trimmed of all fat and cut into 1 inch cubes or strips)	1 large tomato, chopped
½ cup blanched whole almonds	½ cup maple syrup
1 cup water	½ cup vinegar
1 medium onion, cut into half moon slices	½ cup ketchup
1 large green bell pepper, chopped	¼ cup reduced sodium soy sauce
	1 Tbsp cornstarch dissolved in ½ cup water
	1 cup pineapple chunks in juice, drained
	6 cups cooked brown rice



Preheat the oven to 300°F. Bake almonds in the preheated oven for 15 minutes and set aside. Meanwhile, bring the water to a boil in a small saucepan. Add the pork and simmer for 5 minutes. Then add the onion, bell pepper, and tomato to the pan and simmer for 5 additional minutes. Drain off excess fluid and keep the pork and vegetables in the pan. Next, put the maple syrup, vinegar, ketchup, and soy sauce in a saucepan, bring to a boil over high heat and boil for 2 minutes. Add the dissolved cornstarch and cook for 3 to 5 minutes to thicken. Then add the vegetables, pork, and pineapple chunks. Add the almonds, cook for 3 more minutes, and serve over brown rice. Use 1 cup of rice for each serving of sweet and sour pork.

Total Fat: 18g (Unsaturated: 13.5g, Saturated: 4.5g, Trans: 0g)

Calories: 430    Carbohydrates: 40g    Fiber: 3g    Protein: 28g    Sodium: 320mg    Cholesterol: 0mg

"I have fought the good fight. I have finished the race. I have kept the faith". 2 Timothy 4:7 (NIV)

## **Make the DASH Diet Part of Your Healthy Eating Plan!**

We very much hope that you have gained a lot of useful information. It has always been our goal to improve the dietary habits of your church without taking much away from the enjoyment of food. Eating healthy should never be viewed as a burden. Fruits are as sweet as candy but provide health benefits since they are filled with nutrients and fiber. Meats are enjoyable to many people, but it is important to eat leaner meats and limit the number of servings you eat per week. Also, remember when buying bread, pasta, or rice go with whole grains!

Remember to also try new foods. There are so many vegetables, nuts, seeds, and legumes available; too many for us to suggest. Be creative and don't be scared to experiment. Taste buds in your mouth change every 2 weeks, so that means something you didn't like years ago can taste completely different now. The DASH dietary guide is important to your present and future health. Leading causes of death in African Americans are preventable and paying close attention to your diet can greatly reduce the risk of chronic diseases.

The decision of what to buy and to eat is yours. We have put the information in your hands, what you do with it is up to you. Small changes can have a big and lasting impact on your health down the road. Knowing what to eat, where to find it, and how to prepare it are key steps to leading a healthier lifestyle. Be sure to refer to all of your cook's material received Continue to use recipes at church events and home.

**Be a FAN for your health!**



# Be a FAN for your Health!

- **Set SMART goals.** Set goals that are Specific, Measureable, Achievable, Realistic and Time-Oriented.
- **Establish your support network.** When trying to make changes to your lifestyle to make it healthier, it is important to have family and friends who actively support you.
- **Monitor your health habits.** Keep a journal or notebook to help track your progress. It can help you track successes and areas that needs improvement.
- **Reward yourself for healthy changes.** Once you achieve your goals, reward yourself for your successes.
- **Create a healthy environment.** Your environment influences your health choices. Make your environment more “friendly” to healthy eating and physical activity.
- **Problem solve.** Beware of lapses (setbacks) to your healthy lifestyle plan. Overcome them by planning ahead. Develop solutions to possible problems before they even occur.
- **Build confidence.** Focus on your past successes and remind yourself that you can do it!
- **Everything in moderation.** Be sure to start low and go slow when starting your physical activity plan. Remember eating healthy does not mean you have to completely give up your traditional dishes. Just aim to cut back on salt, sugar and fat.



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# SHORT-TERM GOALS AND LONG-TERM GOALS FOR HEALTHY LIVING

This month's Pastor and Committee Packs discuss setting new goals for healthy living. Setting goals is a process that involves identifying: 1) What are your goals? 2) How can you work towards achieving your goals? and 3) How will you keep track of your progress towards your goals? During goal setting, it is important to clearly identify goals that are short-term and long-term. Use this handout to learn about differences between short-term and long-term goals, and how you can use short-term goals to help you and your church achieve long-term goals of leading healthier lives.

## Short-term and Long-term Goals

- **Short-term Goals** are goals that you will want to achieve in the near future, such as in a day, a week or a month. They should be small, and easy to achieve steps that can help you towards your long term goals. Below are examples of some short-term health goals:
  - I will walk to the store once this week instead of driving.
  - This week, I would like to walk around my neighborhood for 15 minutes a day, 3 days a week.
  - I will have a fruit or vegetable as a snack every day this week instead of a candy bar.
- **Long-term Goals** are goals that you will achieve over a longer period of time. These goals can take several months to a year, or even longer to achieve. Because these goals will not be achieved for some time, it can be difficult to stay focused, to maintain a positive attitude, and to stay motivated. This is why setting short-term goals are very important for keeping you motivated and focused. Below are examples of long-term goals.
  - In six months, I will be walking 30 minutes a day, 5 days a week.
  - In six months, I will be eating 3 cups of vegetables a day.
  - In six months, I will be eating whole grains instead of refined grains.



Questions? Please contact Gilbert Smalls,  
Intervention Coordinator at (803) 727-8401  
or [AmeFan@mailbox.sc.edu](mailto:AmeFan@mailbox.sc.edu)



## Setting Goals the SMART Way!

Remember to be **SMART** when you set your goals:  
**S**pecific, **M**easurable, **A**ttainable, **R**ealistic, and **T**ime-oriented.

**Specific-** Goals should refer to a specific thing, rather than a general idea. An example of an unspecific goal would be, "I want to be fit." (How would you know when you are fit?) An example of a specific goal would be, "I will walk on Monday, Wednesday and Friday for 30 minutes without stopping" or "I will drink low-fat milk instead of whole milk." The more specific you are with your goals, the better you will be to reach your goals.

**Measurable-** You should be able to know whether or not you have achieved your goal. An example of an un-measurable goal is, "I want to be able to walk really fast." A measurable goal is, "I want to be able to walk around the block in 15 minutes" or "I want to eat 5 vegetables every day." Take time to write down your goals, and keep track of your progress toward your health goals.

**Attainable & Realistic-** You should be able to reach the goals you set. An unrealistic, unattainable goal is, "I want to run a marathon in record-breaking speed" or "I will stop eating all fat in my diet." Start out by setting small goals that are easier to achieve. A realistic, attainable goal is, "I want to be able to walk a mile" or "I will eat fried foods only once a week." You will be more successful if you set goals you know you can reach.

**Time-oriented-** Goals should have a time frame attached to them so you can track progress and determine if you have achieved them. For examples, instead of saying "I will lose 10 pounds," a time-oriented goal would be, "I will lose 10 pounds in 5 months."