

Dear **FAN** Committee Members,

Welcome to Month 9. This month we promote regular physical activity, peer support and flexibility benefits.

FAN Goal of the month: Build partnerships for physical activity.

African Americans are 3-4 times more likely to have a stroke than white Americans. Strokes, or “brain attacks,” stop blood flow to the brain and may cause lasting brain damage. Use this month’s tools to learn the warning signs of stroke, and most importantly, help your church learn to prevent stroke before it happens!

80% of strokes are preventable

Stick to healthy eating and regular physical activity to help lower your risk for stroke.

Healthy eating = more fruits, vegetables, and whole grains; less fat and less salt.

Regular physical activity = 30 minutes of moderate intensity activity at least 5 days / week.

Encourage Church Members to Encourage Each Other to be physically active

Encouragement from loved ones like church members can help us keep healthful habits. Include friends and family with physical activity and you will have a recipe for **health and fun**.

Keep your support team on track with healthy choices. **Choose to move together!**

When we are active with friends there is something in it for everyone:

more strength, weight loss, strong bones, lowered blood pressure, & quality time with friends

Get with the program! *Churches are great support systems* made up of friends, family, and loved ones who care for our wellbeing. Help members gain better health with support of FAN partners. *We are more likely to stick with physical activity that we enjoy and share with others.*

BONUS Stretching for flexibility is good for everyone. It helps us be more active, refresh, and de-stress. This month’s resources should help members get the most out of their moderate intensity activity plan, or next ‘Hallelujah dance!’ Add stretching to physical activity plans to:

- Move with more freedom and comfort with loosened joints and muscles
- Prevent injury (soreness or cramping) after higher intensity physical activity
- Try health promoting and low-intensity activity (start low, go slow)
- Increase flexibility (e.g. the ability to bend/reach further)

Encourage church members to support each other for better health. Be physically active for limber limbs, stroke prevention, and overall wellbeing.



FAN Committee Monthly

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

This Month:

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

- **Bulletin insert.** Place this insert inside your church programs. Make announcements during service about peer support for physical activity with “God’s Buddy System.”
- **Let’s Move Together.** Be active together for each other’s health. This handout is based on information from the American Heart Association (AHA) and talks about the benefits of making physical activity a team effort.
- **Stretch Out!** This handout includes examples of stretching moves for flexibility. Teach the benefits of loose muscles and joints and tips for safety. Show church members easy moves to prevent injury, improve posture and relax tired muscles.

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

- **Start With Your Heart: When it comes to stroke, every second counts.** Get the facts with this brochure: ‘learn what stroke is, how to prevent it, and signs that can save your life.’
- **Types of Social Support for FAN Partnership.** This handout teaches the different kinds of support that you may need for keep up with your physical activity and healthy eating plans.
- **Identifying the Support You Need from a FAN Partner.** This worksheet helps to identify key sources of support for maintaining physical activity and healthy eating habits.

Cooks’ Tools.

- FAN cooks plan for healthy eating success. Bring more fruit and vegetables to the table... in meat loaf? Try this recipe and only you will know it’s not your average meat loaf.

Monthly Activities.

Stretching involves easy, slow and steady moves that offer many health benefits for people of all activity levels, beginners and experts! Include stretching in your daily, physical activity plan to help increase flexibility (range of movement), prevent injury, promote stress relief, and more.

This month, committee and pastor packs include handouts to teach your church members how to stretch properly and get moving with moderate intensity activity. Please test out these moves and make the tools available for church use, along with other opportunities for physical activity.

A FAN goal is to **be active** at a **moderate intensity**, like brisk walking, for 30 minutes a day on 5 or more days each week.
Stretch out those limbs and get moving!

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





Types of Social Support



What kind of social support do you need to help reach your physical activity goals? It helps to have others encourage us to be our best and to help celebrate each success. Who can you count on to help you meet the following needs?

Emotional Support: This involves feelings of love, caring, assurance, and concern, providing you with an overall sense of comfort and being loved through both good and bad times.

Example: Someone who is a good listener or a shoulder to cry on.

Motivational Support: This kind of support comes from those who offer encouragement and motivation and increase your feelings of self-worth and ability. An exercise partner or group can provide this support by sharing similar beliefs and goals.

Example: An upbeat friend or family member cheering on your efforts to be more physically active and eat healthier.

Informational Support. This includes giving advice, directions or suggestions about how you are doing with your behavioral changes. Books, videos, newspaper, magazines, and/or television can provide information -- but be mindful of quick fixes that really are too good to be true.

Example: Health professionals are a good source of information for questions you may have about physical activity, healthy eating and your health.

Tangible Support. This includes direct assistance and help that makes it easier for you to make physical activity and healthy eating a permanent part of your life.

Example: A family member or friend that babysits your children to give you time for your walk in the evenings, or a friend willing to meet you for your morning walk.

“And let us consider how we may spur one another on toward love and good deeds. Let us not give up meeting together... but let us encourage one another...” Hebrews 10:24-25 (NIV)



Finding the Support You Need for Physical Activity

What kind of support would I like?	Who could provide this support?	How could they help?	How could I thank them?
<p>Example: Remembering to fit in my morning walk</p>	<p>My sister: _____</p> <p>My co-worker: _____</p>	<p>My sister could call me the night before to remind me to leave out my walking shoes.</p> <p>My co-worker gets to work early. We could walk together.</p>	<p>Send a nice thank you note.</p> <p>Invite sister and co-worker to try one of my new and healthy recipes.</p>



Pastor Activity Packs

MISSION 9: Get the Support You Need

FAN Goal of the month: Build support teams for physical activity.

Stroke is the **3rd cause of death** and the **#1 cause of adult disability** in the U.S. **African Americans are 3-4 times more likely to have a stroke than white Americans.** A stroke stops blood flow to the brain. Lasting brain damage may occur without blood flow.

Facts: *80% of strokes are preventable!*

Stick to healthy eating and regular physical activity to help lower your risk for stroke.

- ▶ Healthy eating = more fruits, vegetables, and whole grains; less fat and less salt.
- ▶ Regular physical activity = 30 minutes of moderate intensity activity at least 5 days/wk.

Physical activity promotes health when done for a total of 30 minutes or longer on 5 or more days each week. Moderate intensity activity, like brisk walking, improves fitness levels, lowers blood pressure, and helps prevent cardiovascular disease like stroke. But did you know that being active with friends makes us more likely to stick with physical activity? FAN partners can make the difference. Choose to move together!

Activity: *Develop a plan. Solve problems that stand in the way of physical activity.*

Make physical activity fun with friends and family. Share activity goals to support each other to stay on track with healthy choices (see handout, "Let's Move Together").

BONUS Do you want a way to ease into physical activity? Or, are you already active at a moderate intensity on most days each week? **Stretching may boost your health.**

Download the page on stretching ("Stretch Out!")

Stretching moves are slow and steady. Whether you are beginning a physical activity plan or have been active for some time, is good for everyone's health!
prevent injury * improve posture and flexibility * promote stress relief

Share

- * This month includes 2 stretching handouts. Inspire a fellow church member to stretch with you as a way to relax tired muscles after moderate to vigorous physical activity.
- * Stretching after a period of moderate intensity activity offers relief to tired muscles and a quiet, cool-down period for you to chat with friends. Use this time to talk with your physical activity partner about each other's health goals.
- * Your church is listening. Announce your progress from the pulpit.

"Two are better than one, because they have good return for their work: If one falls down, his friend can help him up!" Ecclesiastes 4:9-10 (NIV)





Make It a Team Effort with God's Buddy System!



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If one falls down, his friend can help him up!”
Ecclesiastes 4:9-10 (NIV)

Working towards a healthful lifestyle is not easy, especially when you feel like you are making changes alone. Faithful friends can make the journey an accountable and enjoyable time for fellowship and health. You know that having a loving church family is important for keeping a healthy relationship with God. Our church families uplift our spiritual health through support and prayer. The same can be said and done for our physical health. Count on your friends and family. They can help you make and keep healthy habits. Encourage church members to join you for a walk or stretch. Invite family and friends to a tasty meal with lots of fruits, vegetables and whole grains. Help someone in need of a health buddy and they will help you. We must lift each other up.

Questions about the FAN Program? Please contact your church FAN Coordinator.



Make It a Team Effort with God's Buddy System!



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Greetings FAN Cooks!

This month we talk about **eating more fruits and vegetables** for the health of your church.

Eating more fruits and vegetables can be a difficult task. So, sometimes it is helpful to “hide” healthy foods where people don’t normally look for them. Hiding healthy foods in familiar, eye-catching and delicious recipes is a great way to help people of all ages get their daily servings of fruits and vegetables. Meatloaf is a popular dish that allows you to hide all kinds of veggies inside. Adding vegetables, not only brings great color to the dish, but also boosts the amount of vitamins and minerals we get from the meal. Add oats for fiber and use leaner meats to keep fat content down. Here is a great recipe that uses these tips for a healthy spin on a classic dish. Come on and try this Meatloaf Surprise.

Meatloaf Surprise

(Courtesy of Clemson University Kitchens)

Makes **6** servings

Ingredients:

1 lb ground beef, 95% lean	1 egg
1 medium bell pepper, rinsed, drained, chopped (~2 cups)	1/4 tsp black pepper
1 medium onion, finely chopped (~1 cup)	1/4 tsp dry thyme
3/4 cup oats (quick or old-fashioned)	1/4 tsp dry rosemary
8 oz fresh mushrooms chopped (~2 cups)	1 tsp olive oil
12 oz fresh spinach, rinsed, drained, chopped (~2 cups)	

Heat the oven to 350°F. Spray bread pan with PAM or other non stick spray. In a skillet over medium heat, heat the olive oil. Add the onion and stir frequently for about 2 minutes. Add the bell pepper and mushrooms, cook another 2 minutes. Add spinach and cover for 1 minute until spinach is wilted. Remove from heat and set aside. In a bowl, combine beef, pepper, thyme, rosemary, egg and oats. Add cooked vegetables to the beef mixture, if the mixture appears too dry, add more oats. Transfer to bread pan and form into a loaf. Bake for an hour or until juices run clear and meat is no longer pink inside (may need to spoon off juices half way through cooking).

Top with glaze if desired (see below).

Total Fat: 6g (Unsaturated: 4g, Saturated: 2g, Trans: 0g) Calories: 210 Carbohydrates: 16g
Fiber: 4g Protein: 22g Sodium: 110mg Cholesterol: 0mg

Meatloaf Glaze

(Courtesy of Clemson University Kitchens)

Nutrition facts for glaze are per serving

Ingredients: ½ cup ketchup, 2 tbsp mustard, 2 tbsp brown sugar, 1 tsp hot sauce

Combine all ingredients in a bowl. Coat meatloaf with glaze 45 minutes into cooking. Place meatloaf back in the oven and continue cooking.

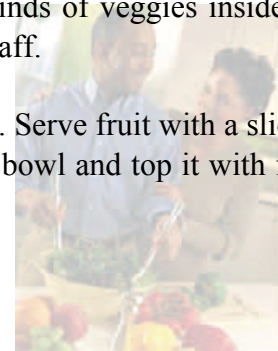
Total Fat: 0g Calories: 35 Carbohydrates: 9g Fiber: 0g Protein: 0g Sodium: 310mg Cholesterol: 0mg

“So whether you eat or drink or whatever you do, do it all for the Glory of God.” I Corinthians 10:31 (NIV)

How to Hide the Healthy

Below are some great tips on how to sneak fruits and vegetables into some of your favorite meals.

1. **Omelets:** Peppers, onions, tomatoes, even mushrooms make great additions to an omelet. The combinations allow you to be very creative.
2. **Smoothies:** A refreshing fruit smoothie can get your family's day started right. All you need is a blender, some low fat yogurt and some fresh or frozen fruit. Try different fruit smoothies. Some popular fruits to use are bananas, peaches, strawberries, and berries.
3. **Sauces:** Do you have a special sauce? Sneak some veggies into your sauce. You can add shredded carrots or squash into a tomato sauce. Try it! It will be great on your favorite meat.
4. **Ground Meats:** Meatloaf or meatballs both allow you to hide all kinds of veggies inside. Be sure to try the Meatloaf Surprise recipe from your Clemson Kitchen Staff.
5. **Dessert:** Dessert is another great place to add some fruit into your diet. Serve fruit with a slice of pound cake or place a small scoop of ice cream or frozen yogurt in a bowl and top it with fresh or frozen fruit. Try all combinations; they are endless!



Did you think we were done? Not yet!

Fruits and vegetables are not the only thing you can hide in food. Try adding flaxseeds to your diet!

Flaxseeds provide heart-healthy omega 3-fatty acids and fiber. Omega 3-fatty acids in the flaxseed are what researchers believe helps lower cholesterol to stabilize blood sugar, lowers the risk of breast, prostate, and colon cancers, and reduces the inflammation (swelling) of arthritis.

You can sneak flaxseed into many recipes you are already making. Some great ways to add flaxseed are to: sprinkle ground flax on cereal, salad, into meatloaf or meatballs, or to bake it into cookies or muffins. Flaxseed is available in supermarkets.

Flaxseed can be purchased as flour, oil, or in seed form. Many nutrition experts recommend the ground seeds, which the body can digest more easily.

Be on the look out for future recipes from Clemson on ways to add flaxseed to your diet!










Stretch Out!




Stretching gives us more freedom of movement to do the things we need and like to do. Stretching after activity helps prevent injury and soreness and can also improve balance and flexibility (range of movement) for daily tasks, and stress relief.

Stretching Tips:

- Do each stretching exercise of your choice 3 to 5 times.
- Try to target as many muscle groups as possible (arms, legs, back, etc.) for equal flexibility.
- Slowly move into a stretching position as far as you can without feeling pain. Hold each position for 10 to 30 seconds. Relax, then repeat. With each repeat, try to stretch a little farther – your body is gaining flexibility.
- If stretches are the only kind of exercise you are able to do, do them at least 3 times a week.
- Stretch everyday if you are able. It takes little effort (low intensity activity) and your body will thank you for it.

	<p style="text-align: center;">Hamstring Stretch Stretch muscles in the back of the thigh</p> <p>Sit sideways on a hard surface (like a bench or two chairs placed side by side) with one leg stretched out on the hard surface, toes pointing up. Keep the other leg bent with foot flat on the floor. Straighten your back and shoulders.</p> <p>If you feel the stretch, hold for 10 to 30 seconds. If you don't feel a stretch in the leg on the hard surface, lean forward from the hips (not waist) until you do. Repeat with other leg.</p>
	<p style="text-align: center;">Calf Stretch Stretch the calves and lower leg muscles</p> <p>Stand with hands against a wall, arms outstretched and elbows straight (slight bend in elbow). Keep left knee bent and toes of the right foot slightly inward. Step back 1 or 2 steps with the right leg, feet flat on the floor. You should feel a stretch in right calf muscle. If you do not feel a stretch, move your foot farther back until you do. Hold for 10 to 30 seconds. Repeat with left leg.</p>
	<p style="text-align: center;">Ankle Stretch Stretch front ankle muscles</p> <p>Remove shoes. Sit on the edge of a chair and lean back (support the back with a pillow). Stretch legs in front of you. Heels on the floor, bend ankles and point feet toward you (flex your foot), then point feet away from you. If you do not feel the stretch, repeat with feet slightly off the floor. Hold position for 1 second. Repeat.</p>

	<p style="text-align: center;">Tricep Stretch Stretch muscles in the back of upper arms</p> <p>Hold one end of a towel in your right hand. Raise right arm, draping the towel down your back. Keep your right arm in position and with your left hand reach behind your lower back to grasp the bottom end of the towel. Now grab higher up the towel with your left hand – this pulls your right arm down. Continue until your hands touch or as close as you can.</p> <p>Hold the position for 1 second. Repeat on the other side.</p>
	<p style="text-align: center;">Wrist Stretch Stretch wrist muscles</p> <p>Place hands together in praying position. Slowly lift elbows so arms are parallel to the floor. Keep hands together.</p> <p>Hold position for 10 to 30 seconds. Repeat.</p>
	<p style="text-align: center;">Quadricep Stretch Stretch muscles in the front of the thigh</p> <p>Lie on your side on the floor. Hips should line up so that one is directly on top of the other. Rest head on a pillow or the hand of your arm that is on the floor.</p> <p>Bend the top knee. Reach back and grab the heel of this leg (if you can't reach the heel, loop a belt over the foot and hold the belt ends) gently pull until you feel a stretch in the front of this thigh.</p> <p>Hold position for 10 to 30 seconds. Repeat on other side.</p>
	<p style="text-align: center;">Double Hip Rotation Stretch outer muscles of hips and thighs</p> <p>DO NOT do this exercise if you have had a hip replacement, unless your doctor approves.</p> <p>Lie on your back on the floor with knees bent and feet flat on the floor. Keep shoulders on the floor at all times, knees bent and together. Gently lower legs to one side of your body, as far as you can without forcing.</p> <p>Hold for 10 to 30 seconds. Return legs to an upright position. Repeat on the other side.</p>

	<h3 style="text-align: center;">Single Hip Rotation</h3> <p style="text-align: center;">Stretch muscles of pelvis and inner thigh</p> <p style="text-align: center;">DO NOT do this exercise if you have had a hip replacement, unless your doctor approves.</p> <p>Lie on your back on the floor with knees bent and feet flat on the floor. Keep shoulders on the floor the floor at all times. Lower one knee slowly to the side of your body while keeping the other leg and pelvis in place.</p> <p>Hold for 10 to 30 seconds. Slowly bring the knee back to an upright position. Repeat with other knee.</p>
	<h3 style="text-align: center;">Shoulder Rotation</h3> <p style="text-align: center;">Stretch shoulder muscles</p> <p>Lie flat on the floor with legs straight and pillow under your head (if your back bothers you, place a rolled towel under your knees). Shoulders and upper arms should stay flat on the floor. Stretch arms out to the side. Bend elbows so hands point to the ceiling.</p> <p>Let arms slowly roll backwards from the elbow. Stop when you feel the stretch or pain. Hold for 10 to 30 seconds.</p> <p>Still bent at the elbow, slowly raise arms back to the ceiling. Let arms slowly roll forward to point toward your hips. Stop when you feel the stretch or pain. Hold for 10 to 30 seconds.</p> <p>Repeat.</p>
	<h3 style="text-align: center;">Neck Rotation</h3> <p style="text-align: center;">Stretch neck muscles</p> <p>Lie on the floor with a phone book or other thick book under your head. Slowly turn head to one side. Hold position for 10 to 30 seconds. Repeat and hold on other side.</p> <p>Head should not tilt forward or backward. You can keep your knees bent to keep your back comfortable during this exercise.</p>

SAFETY FIRST

- If you have had a hip replacement, check with your doctor before doing lower body exercises.
- If you have had a hip replacement, do not cross your legs or bend your hips past a 90-degree angle.
- Always warm up before stretching exercises (e.g. do some easy walking with arm-pumping first or other endurance or strength exercise). Stretching muscles before they are warmed up may result in injury.
- When stretching, mild discomfort or a pulling sensation is normal, but **stretching should never cause pain**, especially joint pain. If you feel pain, you are stretching too far.
- Never "bounce" or "jerk" into a stretch. Make slow, steady movements instead. Jerking into position can cause muscles to tighten and may result in injury.
- Avoid "locking" your joints into place when you straighten them during stretches. Always have a slight bend in your joints when stretching (e.g. keep a small bend in your knees and elbows).

What is a stroke?

What is a stroke?

A stroke is a brain attack. A stroke occurs when a blood vessel that carries oxygen and nutrients to the brain is blocked or bursts. The result is part of the brain can't get the blood and oxygen it needs and starts to die. Stroke is a type of cardiovascular disease that affects the brain.

Types of strokes:

- **Ischemic Stroke**- This happens when a blood vessel in or leading to the brain is blocked.
- **Hemorrhagic Stroke**- This happens when a blood vessel in or leading to the brain bursts or is leaking.
- **TIA's** (Transient Ischemic Attacks)- These are "warning strokes" or mini-strokes that may happen before a more deadly stroke. They happen when blood flow through an artery in the brain is blocked for a short period of time.

www.startwithyourheart.com

Here are some other treatment and diagnostic options for those who are at high risk of having a stroke or have had a stroke.

- A large percentage of **Ischemic strokes** can be treated with clot-busters such as t-PA (in the first three hours), anticoagulants, angioplasty/stents, or carotid endarterectomy.
- Some **hemorrhagic strokes** can be treated with surgery or other procedures.
- **Diagnostic procedures** could include a neurological exam, a CT scan, MRI scan, a Doppler ultrasound or an arteriogram.

Understanding what a stroke is, what you can do to prevent one, and recognizing the signs can save your life.

It all starts with your heart, so if you would like to learn more about heart disease and strokes, visit www.startwithyourheart.com and www.tristatestrokenetwork.org.



**When it comes
to strokes,
every second
counts.**

Can I die from a stroke?

Yes. Strokes are the #3 killer of Americans, and North Carolina is among the states with the very worst stroke problem. About 700,000 Americans will have a stroke this year. And over 163,500 of them will die. Knowing the warning signs is very important because seconds can mean the difference between life and death—or a life in a wheel chair. You see, when a part of the brain dies from lack of blood flow, the part of the body it controls is affected. The results of a stroke depend on several factors, including the area of the brain affected.

For example:

If a stroke occurs on the right side of the brain, it can produce...

- Weakness on the left side of the body (and right side of the face)
- Vision problems
- Memory loss

If a stroke occurs on the left side of the brain, it can produce...

- Weakness on the right side of the body (and left side of the face)
- Speech & swallowing problems
- Memory loss

What are the warning signs of a stroke?

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden severe headache with no known cause

Seconds count. So if you or someone with you has one of more of these signs, call 9-1-1 as soon as you can. Make sure to take note of the time the “signs” started. Fast action is critical. If diagnosed fast, a clot-bursting drug can often reduce long-term disability for the most common type of stroke, but it must be given in the first three hours.

Am I at risk for a stroke?

There are some factors that studies have shown to put you **more at risk for a stroke**. Some are controllable, others are not.

Uncontrollable Risk Factors

- Age
- Sex
- Race
- Family history
- Previous stroke history

Risk Factors that can be controlled or treated

- High blood pressure
- Heart disease
- Tobacco use
- The occurrence of TIAs (Transient Ischemic Attacks)
- Diabetes
- High blood cholesterol
- Physical inactivity
- Overweight

Some research has also shown what part of the country you live in, how much money you make, alcohol use and some drug abuse may be contributing risk factors for stroke.

What can I do to help prevent a stroke?

If you have any of the above risk factors, you can try to get them under control. If you have high blood pressure, you can get treatment. If you have high cholesterol, you can take medication to lower it. If you are a smoker, you can seek help to quit. And if you are overweight, you can eat healthier and walk every day. **You can control high blood pressure with medication. You can exercise. You can eat healthy.**

And you must **know and recognize the warning signs**. So if you do have one, you can act fast.



Let's Move Together!



Be active together for each other's health

Sometimes it seems hard to keep up with healthy goals that we set for ourselves, especially if we feel like we must reach them on our own. But, studies show that people who work out with a partner or in a group are more likely to stay motivated.

Reach out to loved ones. What are their health goals for themselves and for you? What health values do you want to instill in your family? What helpful qualities can you offer each other to keep each other going strong? Be active together and, in no time, you and yours can enjoy better health and fitness, together!

Where can I find support?

Seek partners wherever you have loved ones that wish the best for you and your health.

♥ Church members ♥ Family ♥ Friends ♥ Co-workers ♥ Others?

How can support help?

Health partners can offer many types of support. See below for examples that may help keep you going, as well as types you may be good at providing to others.

Emotional = partners that listen to our feelings and comforts us.

Motivational = partners that offer words of inspiration and encouragement.

Informational = partners that offer accurate advice or tips about physical activity.

Tangible = partners that offer direct support to make it easier for you to be active (e.g. a walking buddy, a babysitter to watch your kids, or opportunity for free/low cost resources like free access to gym equipment).

On the MOVE!

Get going with one or more of these group friendly activities.

- ♥ Start a walking group (weights and pets are optional)
- ♥ Take bike rides
- ♥ Try exercise videos or aerobics class
- ♥ Take the stairs (climb stairs for exercise)
- ♥ Cool off with water aerobics at the local community pool, etc.
- ♥ Jump rope, Double Dutch style
- ♥ Practice chair exercises like those for strong muscles (FAN cd/dvd)
- ♥ Create your own moves for a new Gospel Lift Off
- ♥ Stretch out with yoga, Pilates or easy stretches for cool downs
- ♥ Or, try something new...

Moderate and high levels of physical activity are associated with reduced risk of strokes (Nat'l Stroke Assoc., 2008)