



Footsteps for Faith Getting Your Program Started

Thanks for making the commitment to improve the health and well-being of your fellow AME members. The *Footsteps for Faith* walking contest was designed to promote physical activity and walking for AME members of all ages and walking abilities. Here are some ideas for getting your program started:

Get the word out!

- Talk to your Pastor, have him or her announce the program from the pulpit during Sunday service. Encourage your Pastor and their family to take part- having leader support is the key to success!
- Hand out fliers or create a colorful and eye-catching bulletin board advertising the details of your program. Be sure to include contact information for the team captain. Target members of all ages from your congregation- younger, older and in between.

Create a sensation

- Challenge nearby churches to take part in the contest.
- Do a contest "launching" by announcing the start of the contest during Sunday service, and get everyone to go for a quick walk after the service to kick off the contest. Consider announcing your church's progress every week during service, and highlight member's accomplishments (i.e., most miles walked, most improved, met goals, etc.)
- Keep everyone excited and interested by charting your church's progress on the map provided.

Keeping the faith alive

- Be sure to announce the outcome of the contest, and highlight member's achievements.
- Once the contest has finished be sure to encourage your members to keep walking!
- Try organizing a walking program within your church- look on the Health-e-AME website (www.health-e-ame.com) for some ideas.