

**Eating Smart and  
Moving More**

# Planning Guide for Faith Communities



**The following resources were used in the creation of the *Eating Smart and Moving More Planning Guide for Faith Communities*:**

**African-American Churches Eating Smart and Moving More:  
A Planning and Resource Guide**

Physical Activity and Nutrition Branch. *African-American Churches Eating Smart and Moving More: A Planning and Resource Guide*. NC DHHS, NC Division of Public Health, Raleigh, NC, 2004.

**NC HealthSmart Worksite Wellness Toolkit**

North Carolina Division of Public Health, *NC HealthSmart Worksite Wellness Toolkit*. North Carolina State Health Plan, Raleigh, NC, 2005.

**Worksites Eating Smart and Moving More**

North Carolina Division of Public Health, *Worksites Eating Smart and Moving More*. NC DHHS, NC Division of Public Health, Raleigh, NC, 2007.



**Eat Smart, Move More North Carolina** is a statewide movement that promotes increased opportunities for healthy eating and physical activity wherever people live, learn, earn, play and pray.

This guide and additional resources, programs and tools on the Eat Smart, Move More North Carolina website will help you promote healthy eating and physical activity in your place of worship.

Visit [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com) today!



# Welcome to the *Eating Smart and Moving More Planning Guide for Faith Communities!*

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**Congratulations! Your interest in your Faith Community shows that you care about the health of those in your faith family. You are willing to embark on a journey to make change happen.**

You have an important role to play in improving the health of your faith family. Faith communities are a powerful source for health information and a potential model for healthful living. Faith community members believe that places of worship are effective gathering places for health education.

**“We eat many meals at our houses of worship, and they aren’t always made up of healthy food. Faith communities and their leaders still have influence in the lives of many North Carolinians. Our [faith communities] should be places where we see healthy eating modeled and where we are supported in our efforts to be more active.”**

*—George Reed, Executive Director, North Carolina Council of Churches*

As you know, people who eat smart and move more reduce their risk for serious health problems such as diabetes, cancer and heart disease. Maintaining an active lifestyle and choosing healthy foods helps North Carolinians feel good, and improves the quality of their lives. Faith community members can be encouraged to be good caretakers of their physical bodies.

**To support your efforts, this Planning Guide was created for you and others in your faith community to help you create an environment that supports healthy eating and physical activity. In this Guide, you will find:**

- **10 Key Steps to Forming an Eating Smart and Moving More Program**
- **Eat Smart Policies, Environmental Changes and Programs**
- **Move More Policies, Environmental Changes and Programs**

**“This program has changed my life. I eat healthier, have more energy, and feel good about myself and my appearance.”**

*—Doris Phillips, member,  
St. John AME Zion, Dudley NC*

**“...we’ve never served water in our church before. Now we have bottled water, we’re looking at fat content of our foods—instead of fried, we’re having baked chicken on Sunday. That’s a tradition in the black church, fried chicken, but now we’re baking the chicken and it’s just as good.”**

*—Faye Wilcox, Lay Leader,  
United Pentecostal Church, Lillington, NC*

Work with the leadership in your faith community to complete each of these steps. To begin, read through the first section of this Guide—10 Key Steps. This section will help you to start a committee that promotes healthy eating and physical activity in your faith community. Once you have formed the committee, use the Eat Smart and Move More sections of the Guide for ideas for policies, environmental changes, and programs that your committee can implement.

**“It is important for leadership to support lifestyle changes in order for the membership to be fully impacted mind, body and soul. As the Pastor and participant in the program, we have implemented three changes: water is now the main beverage served, fruit is the dessert of choice, and 30 minutes of exercise has been added to weekly Bible study class. Wise people store up knowledge...Proverbs 10:14.”**

*—Reverend Carla Atkins, St. John AME Zion, Dudley NC*

Throughout this Guide, you’ll find places in the text where you can make notes, brainstorm, or record pieces of your program plan. Additionally, all of the tools mentioned in the Guide are available for free download at [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com). At this website, you can download posters, handouts, certificates and additional tools you need to promote healthy eating and physical activity in your faith community. Samples of some of these tools are provided as appendices in this Guide.

This Guide will help your faith community to support and encourage healthy eating and physical activity among your members. Other faith communities across North Carolina are also helping their members to Eat Smart and Move More. At [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com), you can read “success stories” of faith-based health programs. These stories are included to inspire you as you help your members adopt healthier behaviors and lead healthier lives.

**“Shiloh community continues the work of building a stronger community. Growing a garden is a start toward changed behavior within a community that has been systematically fractured over the years. The potential for the Shiloh community is unlimited, this garden has allowed the community to make their own decisions and realize how they can access future opportunities. The Shiloh Community Association will continue to build and grow more food and stronger relationships.”**

*—Darcel Eddins, Shiloh Community Association, Asheville, NC*

# *What Is the Eating Smart and Moving More Planning Guide for Faith Communities?*

**T**he *Eating Smart and Moving More Planning Guide for Faith Communities* helps faith communities in North Carolina make and sustain changes that promote healthy eating and physical activity.

This guide will help your faith community adopt policies, environmental changes, and practices that will support healthy eating and physical activity in your community of faith. Creating an Eating Smart and Moving More Program in your place of worship will be an exciting process. This guide will provide all of the necessary tools you need to get started.

Resources available at **[www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com)** (under the Data section) may help you with resources to talk about the need for an Eating Smart and Moving More Program at your faith community. At this website, you will find charts, maps, county data and additional web links that provide information on the rates of obesity, overweight, physical activity and nutrition behaviors among North Carolinians.

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## ***The Eating Smart and Moving More Planning Guide for Faith Communities:***

- Provides step-by-step guidelines for starting and maintaining an Eating Smart and Moving More committee in your faith community.
- Includes a Faith Community Health Assessment Survey and a Member Health and Interest Survey to learn more about members' health and the health of the faith community.
- Provides information on potential policy changes, environmental supports, changes in practice as well as ready-to-use programs to promote healthy lifestyles.
- Includes additional components and resources, available for easy download at **[www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com)**.
- Addresses two main aspects of a healthy lifestyle: healthy eating (Eat Smart) and physical activity (Move More).

# What Is a Faith-Based Health Program?

**F**aith communities have a special role to play in helping their members Eat Smart and Move More. Faith communities care about individual members' health, have programs and services that support their members, are centers of their communities, and have leaders who are widely respected.

The *Eating Smart and Moving More Planning Guide for Faith Communities* helps faith communities provide different types and levels of programs to encourage people to make healthy lifestyle changes. This approach helps individuals, groups and faith communities as a whole to Eat Smart and Move More.

## **The *Eating Smart and Moving More Planning Guide for Faith Communities* focuses on these three levels of change:**

**Individual**—Individual programs help people make healthy choices by giving them the information they need to Eat Smart and Move More. Examples: Information through faith community leader messages, posters, bulletin boards, bulletin or program inserts, signs around the faith community, newsletter stories.

**Groups**—Group activities target groups of people. Groups can offer social support to people who want to Eat Smart and Move More. Examples: Faithful Families Eating Smart and Moving More classes (see page 70 of this guide or visit [www.EatSmartMoveMoreNC.com/Faith.html](http://www.EatSmartMoveMoreNC.com/Faith.html)), cooking or physical activity classes, buddy systems and support groups, physical activity or walking clubs.

**Organizations**—Organization changes affect the entire faith community. They include policy and environmental changes that affect all members of the faith community. Examples: Menus for group meals that include more fruits and vegetables, walking maps or routes, community gardens, policies to support or encourage healthy eating and physical activity.

## **Why Are Faith-Based Programs Important?**

- Health messages from the faith community may have a larger impact on individuals by making the link between faith and health.
- Faith community members may be more open to health messages received from faith community leaders.
- Many people will share the information they receive in the faith community with their family at home.
- Faith communities can spread health messages into the larger community through elder care, youth and child care programs.
- Changes made within a faith community encourage people to make healthy choices.

**“We eat many meals at our houses of worship, and they aren’t always made up of healthy food. Faith communities and their leaders still have influence in the lives of many North Carolinians. Our [faith communities] should be places where we see healthy eating modeled and where we are supported in our efforts to be more active.”**

—George Reed, Executive Director,  
North Carolina Council of Churches

# What Is Eating Smart?

The food we eat affects our physical and mental well-being. It is the fuel that keeps our bodies going. A healthy eating pattern can help prevent chronic diseases and conditions including obesity, heart disease, stroke, some cancers, diabetes, high blood pressure, arthritis, osteoporosis, and depression. Also, a balanced diet combined with physical activity helps achieve and maintain a healthy weight. Making healthy food choices does not need to be hard!

# What Is Moving More?

Physical activity helps enhance the quality of life for people of all ages and abilities. People who participate in moderate physical activity on most days of the week are at a reduced risk of heart disease, diabetes, osteoporosis, and colon cancer.

**REMEMBER:**  
Recipes, tips, sample policies, environmental change guidance, printable posters and handouts are available for FREE download at [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com).

Physical activity also reduces heart disease risk factors such as high cholesterol, high blood pressure, obesity and overweight. Physical activity can also protect against stroke. It helps build a healthier body by strengthening bones, muscles and joints, aids in reducing depression and anxiety, enhances the response of the immune system, and reduces falls among older adults.

Physical activity doesn't need to be hard! People of all ages can benefit from participating in regular, moderate-intensity physical activity, such as 30 minutes of brisk walking, five days of the week.



What does *Eating Smart* mean to you?

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How does your faith community help you to *Eat Smart*?

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What does *Moving More* mean to you?

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How does your faith community help you to *Move More*?

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**The *Eating Smart and Moving More Planning Guide for Faith Communities* includes three sections:**

**Ten Key Steps to an Eating Smart and Moving More Program** ..... 10

    Appendices ..... 20

        Appendix A: Faith Community Health Assessment Survey..... 20

        Appendix B: Member Health and Interest Survey ..... 22

        Appendix C: Recruitment Poster..... 24

        Appendix D: Sample Program Plan ..... 25

        Appendix E: Program Plan ..... 26

        Appendix F: Eat Smart, Move More Program Survey..... 27

        Appendix G: Eat Smart, Move More Certificate ..... 28

**Eat Smart**..... 29

    Eat Smart Policies ..... 30

    Eat Smart Environmental Changes..... 32

    Eat Smart Programs and Activities..... 37

    Appendices ..... 40

        Appendix A: Sample Healthy Eating Policy ..... 40

        Appendix B: Healthy Eating Posters ..... 42

        Appendix C: Healthy Eating Quotes ..... 45

**Move More**..... 47

    Move More Policies..... 48

    Move More Environmental Changes..... 50

    Move More Programs and Activities ..... 57

    Appendices ..... 60

        Appendix A: Sample Physical Activity Policy ..... 60

        Appendix B: Physical Activity Posters ..... 62

        Appendix C: Physical Activity Quotes ..... 63

        Appendix D: Ideas for Physical Activity Breaks in Meetings..... 65





# Ten Key Steps

**1 TALK** with the leadership of your faith community about the benefits of Eating Smart and Moving More. Before beginning any program, it is important to have leadership support.

Commitment from the leadership of your faith community is key to a successful program. Faith leaders need to support the program. They can identify an Eating Smart and Moving More Coordinator and members who can serve on an Eating Smart and Moving More Committee. It is very important to keep leaders informed of all program activities and changes.

One way your faith community leaders can support the program is by adopting at least one policy that supports healthy eating and/or physical activity (for example, serve fruits and vegetables at events, encourage physical activity in sermons or messages each month).

Some other ways leadership can support the program:

- Participate in the program
  - Quote writings, stories or scriptures from the faith tradition about healthy eating, physical activity or healthy lifestyles in sermons and talks
  - Include nutrition and physical activity information in sermons or talks
  - Serve as role models for healthy living
  - Make announcements about the program and encourage others to participate
  - Promote healthy eating, physical activity and healthy living in bulletins, programs and newsletters
  - Others: \_\_\_\_\_
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Introduce the *Faith Community Health Assessment Survey* (Appendix A) and the *Member Health and Interest Survey* (Appendix B). Print out a copy of these surveys and discuss the benefits of these tools with faith community leaders.

- *The Faith Community Health Assessment Survey* (Appendix A) will help you learn more about the environment, policies and practices in place to support healthy eating and physical activity in your faith community. Work with leadership to fill out this survey.
- *The Member Health and Interest Survey* (Appendix B) should be completed by as many members of your faith community as possible. This survey will provide information about the current behaviors, health beliefs, and interests of your members. It will help you plan programs, policies and environmental changes that your members want and need.

**2 IDENTIFY** an Eating Smart and Moving More Coordinator. In some cases, the person who talks with leadership about the Eating Smart and Moving More Program will be the Eating Smart and Moving More Coordinator; however, faith leaders might appoint another person to serve in this position.

The Eating Smart and Moving More Coordinator is key to the success of your Eating Smart and Moving More Program. He or she may be a member of the faith community or a staff member. The Coordinator will be in charge of overseeing planning of the program, coordinating activities, policies and environmental changes, and orienting volunteers.

The Coordinator will plan the first meeting of the Eating Smart and Moving More Committee.

**3 START** an Eating Smart and Moving More Committee. An enthusiastic Eating Smart and Moving More Committee is vital to the success of your program. Your faith community may already have a health committee, and this committee can serve as the Eating Smart and Moving More Committee. If you do not have a health committee, the Eating Smart and Moving More Committee will need to be formed. Typically five to seven members make up the Eating Smart and Moving More Committee.

**The Eating Smart and Moving More Committee:**

- Plans activities and promotes changes to faith community practices and facilities to support healthy eating and physical activity
- Represents all types of faith community members (age, gender, health behaviors, etc.)
- Conducts the Faith Community Health Survey (Appendix A) and Member Health and Interest Surveys (Appendix B)
- Maintains open lines of communication with faith community leaders and staff
- Promotes participation in programs and activities among faith community members
- Advocates for policy and environmental changes to support healthy eating and physical activity
- Evaluates the success of the Eating Smart and Moving More Program
- Serves as “champions” for eating smart and moving more in the faith community

**REMEMBER:**  
 You can use the Committee Recruitment Poster (Appendix C) to recruit additional committee members. Type your faith community name and contact information into the lines on the PDF file found at [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com). Or, write this information in the blanks after printing the poster. Print several copies of the poster to hang throughout the faith community building(s).

Brainstorm a list of potential committee members. Be sure to get input from faith community leaders and staff:




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**4 BUILD** financial support. It is important that you have the support of your faith community’s leaders and staff since financial resources might be needed for your program. Costs will vary depending on the size of your faith community and your group plans.

Some costs might be:

- Printing or copying materials (handouts, posters, etc.)
- Purchasing food or prizes for events
- Purchasing equipment to support healthy eating and physical activity (spray paint for parking lot walking markers, playground equipment, tools and materials for walking trails, community gardens, etc.)

Remember to look for resources and financial support in your local community. For example, local restaurants might offer coupons for healthy meals that can be given as prizes for activities or hardware stores might donate a few cans of spray paint for walking markers. Also, think about resources you

already have. For example, use money you are already spending for faith community events to purchase healthy foods for these events. Don't forget—policy changes are almost always free!

Make notes of some possible sources of community support for your program:



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## **5 ASSESS** your faith community and its members. Planning a successful Eating Smart and Moving More Program requires information about the health needs and interests of the faith community members.

You can determine this information by having the committee conduct the following surveys:

- *The Faith Community Health Assessment Survey* (Appendix A) helps you learn more about the environment, policies and practices in place to support healthy eating and physical activity in your faith community. The Coordinator can work with leadership to fill out this survey.
- *The Member Health and Interest Survey* (Appendix B) should be completed by as many members of your faith community as possible. This survey will provide information about the current behaviors, health beliefs, and interests of your members. It will help you plan programs, policies and environmental changes that your members want and need.

The Coordinator can work with faith community leaders or staff to fill out the *Faith Community Health Assessment Survey*.



Date *Faith Community Health Assessment Survey* will be completed:

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Person(s) who will complete survey:

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During your first committee meeting, hand out copies of each of these surveys. Discuss with committee members how to distribute and collect the Member Health and Interest Surveys. These member surveys should be completed by as many faith community members as possible.

### **Surveys and Assessments**

Some ideas for distributing and collecting the *Member Health and Interest Survey*:

- Hand out surveys before services (with programs or bulletins that are handed out). Place a collection box at the exits for individuals to drop completed surveys.
- Email surveys to all faith community members. You can even use an online survey system that will compile and analyze the surveys for you. Check out [www.surveymonkey.com](http://www.surveymonkey.com) or [www.freeonlinesurveys.com](http://www.freeonlinesurveys.com).
- Distribute surveys during faith community class or group times. Ask class or group leaders to hand out and collect surveys during their classes.

Use this space to make notes about when and how you will distribute and collect the Member Health and Interest Surveys:



Date to Hand Out Surveys: \_\_\_\_\_

How We Will Hand Out Surveys (during service, email, etc.): \_\_\_\_\_

Who Will Collect Surveys (name of person): \_\_\_\_\_

Date Surveys Will be Collected: \_\_\_\_\_

How We Will Collect Surveys (collection box, email, group leaders, etc.): \_\_\_\_\_

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**6 DEVELOP** a Program Plan. This Guide encourages a multi-level approach, a program that targets individuals, groups *and* your faith community as a whole. You can read more about this approach on page 5.

Over the course of one year, a strong Eating Smart and Moving More Program should include:

- At least one policy change (for example, serving healthy meals at events or promoting physical activity in each monthly newsletter, etc.)
- At least one environmental change (for example, planting a vegetable garden, marking out a walking route around the faith community facilities, or buying healthy cooking equipment for the kitchen, etc.)
- Education and/or Programs (for example, offering nutrition education classes from local health department, hospital or Cooperative Extension staff, food tastings or demonstrations, providing handouts on healthy eating or physical activity, posting information on bulletin boards, hanging Eat Smart or Move More posters, physical activity classes, etc.)

**REMEMBER:**

Posters, handouts, programs, and tools can be found for FREE download at [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com). You can also find contact information for community health professionals working in physical activity and nutrition (click Contact). These people can help you learn more about Eating Smart and Moving More. They might also be able to provide you with educational programs or help in making policy or environmental changes. Get to know your local community partners!

After you have the results of your surveys, you can begin to plan your program. Ideas for policy, changes in practice, environmental changes and programs or activities are available in the Eat Smart and Move More sections of this Guide. Use the Eat Smart and Move More sections as you are developing your program plan.

As you begin to develop your plan, you will need to decide what you want to accomplish based on your faith community's needs, time, volunteers, and resources available. Your plan should include:

- **Goals**
- **Person(s) responsible**
- **Actions**
- **Resources Needed**
- **Progress**

## **Program Plan: Putting the Pieces Together**

**GOALS:** A goal is a broad and simple vision statement that will give your program direction. Look over the results of your Member Health and Interest Surveys to find out what members most want or need to address (for example, drinking more water or being physically active 30 minutes a day). These responses can help you write your goals.

**ACTIONS:** Actions are specific statements that list the programs, policies and environmental changes that your committee plans to enact. Your actions are the ways you will work to reach your goals. Use your Member Health and Interest Survey to determine programs and activities that can support your goals. The Faith Community Health Assessment will help you learn about policy or environmental changes your faith community needs to address. Be sure to include policy, environmental, and programmatic actions in your program plan.

**RESOURCES NEEDED:** In this section of the program plan, list all of the resources and materials that you will need to accomplish your actions. Be sure to think about financial resources, printed tools or materials (check [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com) for online tools), and volunteer time.

**PROGRESS:** Use this section of your program plan to note how the actions are going. You can list dates that items were completed and the person responsible. This section will help you keep faith community leaders and staff informed of program progress.

The following are some examples of how your program plan might look. You can also find a sample program plan in Appendix D.

### **EXAMPLE PROGRAM PLAN:**

**Goal: Encourage members to eat more fruits and vegetables.**

**Person Responsible:** Jane Faithful

**Action:** Faith community leaders and staff sign policy that fruits and vegetables without added fat or sugar will be served at all faith community events.

**Action:** Give kitchen committee copies of healthy menus for faith community events. Download healthy recipes and menus at [www.MyEatSmartMoveMore.com](http://www.MyEatSmartMoveMore.com).

**Action:** Stock faith community pantry with fruits and vegetables, purchased with kitchen committee budget.

**Action:** Provide fruits and vegetables in food bags provided to seniors or low-income individuals, using budget from this outreach program.

**Resources Needed:** Healthy recipes from [www.MyEatSmartMoveMore.com](http://www.MyEatSmartMoveMore.com), fruits and vegetables purchased with kitchen and outreach program budgets, healthy eating policy found at [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com)).

**Progress:** Healthy recipes downloaded and printed (July 31, 2008), Kitchen committee given healthy recipes and fruit and vegetable lists (August 31, 2008), Healthy Eating Policy downloaded and given to leadership (September 15, 2008). Policy signed and implemented (November 30, 2008).

**Goal: Help members become physically active for 30 minutes or more most days.**

**Person Responsible:** Joe Community

**Action:** Mark walking routes in faith community parking lot.

**Action:** Publicize walking routes in services, bulletins/programs and newsletters.

**Action:** Hang posters encouraging 30 minutes or more of physical activity on bulletin boards. Download posters at [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com).

**Action:** Encourage group or class leaders to take class members on a short walk during lesson time.

**Resources Needed:** Spray paint to mark walking route, Posters, Group/Class leader support

**Progress:** Posters printed (September 30, 2008), Spray paint purchased and walking route measured using measuring wheel from local health department (October 15, 2008), 3 Posters hung on bulletin boards (November 2, 2008).

A blank Program Plan is available for you to use in Appendix E. You can write in this Guide, or print out an extra copy of the Program Plan for all members of your committee.

Brainstorm some possible goals here:



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**7 IMPLEMENT** your plan. Getting members of your faith community involved in an Eating Smart and Moving More Program requires careful planning. The program, policy or environmental change must be clearly understood by all members, must relate to their needs and interests, must be convenient for them, and must be something they think can be accomplished. Your faith community leaders, staff, Coordinator and Committee will all need to be actively involved in implementing and publicizing your policy, environmental change or activity.

For each of the action items on your program plan, assign a committee member who will be responsible for its completion. You can also note the “due date” for the action item.

Use this space to make notes of any changes in your program. For example, did a program take longer than expected? Did you have to change the policy, environmental change or program at all? What might you do differently the next time you try this activity?



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As you implement your plan, be sure to note your progress on your Program Planning form (Appendix E).

**Don't Forget to Publicize Your Efforts!** One of the major tasks of the committee is to recruit program participants and let faith community members know about new policies or environmental changes. The committee can:

- Post announcements in bulletins, newsletters and on bulletin boards
- Participate in the program!
- Talk with faith community members about participating in programs or taking advantage of new facilities, trails or healthy meals
- Provide sign-up sheets for programs and activities
- Make an announcement during faith community services or in classes or group sessions
- Contact the local media to inform them about new policies, practices, programs or environmental changes in the faith community

**8 EVALUATE** your program. Taking a close look at the program and activities will provide information on what took place, how many people participated, if the program, policy or environmental change met their needs, and if your overall program changed members' health habits. This should not be considered a test of the success of the program. Instead, it should show the strengths and weaknesses so you can plan for the next program.

You can prepare a summary of the program for faith community leaders, staff, and members. This report should be viewed by the faith community leaders and staff before sharing it with the members. This summary could include:

- Number and type of activities, policies, practices and environmental changes
- Total number of participants
- Photographs of programs or environmental changes
- Copies of any policies that have been signed

These summaries can be shared with the faith community by including them in bulletins, newsletters or bulletin boards around the faith community.

**Simple Guidelines for Keeping Track of Programs or Activities**

Be sure to keep track of all of the programs or activities that you implement. For example:

- Write a short summary of the program activity.
- Document the number of members who participate.
- Take pictures at your event or of your environmental change.
- Distribute a survey for participants to complete at the end of each activity. You can use the Activity Survey in Appendix F.
- Record your progress in your Program Plan.
- Develop a scrapbook of successes.



How will you evaluate your program (surveys, photographs, summary statements, etc)?

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Who will be responsible for the evaluation (person's name): \_\_\_\_\_

When will the evaluation summary be prepared (date): \_\_\_\_\_

Other Evaluation Notes

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**9 CELEBRATE** success! The many people involved in your Eating Smart and Moving More Program deserve to be recognized and publicly thanked. You can do this at a faith community event or a rewards/recognition ceremony. Faith community leaders, staff, committee members and the Coordinator should all be thanked for their hard work. Participants can also be recognized for their accomplishments.

### Creative Ways to Say “Thank You” or “Congratulations”

There are many ways to thank or congratulate program participants and planners. Some ideas include:

- Insulated lunch bags for healthy meals and snacks
- Comfortable athletic socks
- Gift certificates or coupons for healthy meals
- Healthy cooking cookbooks (you can even make cookbooks using recipes from [www.MyEatSmartMoveMore.com](http://www.MyEatSmartMoveMore.com))
- Certificates from faith community leader or staff
- Fruit or vegetable baskets

Remember that for some, public recognition is a great prize in itself! Thank or recognize program participants and planners during services, at events, or on bulletin boards. You can even post photos (with permission of course!).

A sample certificate of participation is available in Appendix G. You can use this certificate to recognize program participants, faith community leaders or staff, and/or committee members. You can type the person’s name in the “Name” line in the PDF document, or you can print the document out and write his or her name in the blank.



Certificate of Achievement, (Appendix G).



# Faith Community Health Assessment Survey

Faith Community Name: \_\_\_\_\_

Date of Survey: \_\_\_\_\_

Please read each statement carefully and check the response that best describes our faith community.

## Section I: Health and Wellness

- |  |                              |                             |                                   |
|--|------------------------------|-----------------------------|-----------------------------------|
| 1. Does our faith community have an <b>active health team or committee</b> ?   | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Not Sure |
| 2. Does our faith community have a <b>person appointed</b> to be responsible for health related activities?  | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Not Sure |
| 3. Has our faith community sponsored or helped sponsor a <b>health fair</b> during the past 12 months?   | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Not Sure |
| 4. Do any members currently represent our faith community by <b>servicing on a community health coalition or committee</b> (e.g. fitness/nutrition council)?                   | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Not Sure |
| 5. Has our faith community had a <b>relationship with another health, health promotion, or human services agency</b> to provide services to our members in the past 12 months? | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Not Sure |

## Section II: Physical Activity—Policies and Environments

- |   |                              |                             |                                   |
|---|------------------------------|-----------------------------|-----------------------------------|
| 6. Does our faith community have an <b>exercise room</b> ?  | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Not Sure |
| 7. Does our faith community have any <b>exercise equipment</b> on-site?   | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Not Sure |
| 8. Does our faith community have a <b>walking trail</b> ?   | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Not Sure |
| 9. Does our faith community have any <b>ball fields or courts</b> ?   | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Not Sure |
| 10. Does our faith community have a <b>playground</b> ?   | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Not Sure |
| 11. Does our faith community have a <b>policy supporting physical activity opportunities</b> at meetings/functions? | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Not Sure |
| 12. Has leadership promoted <b>physical activity in a public speech or sermon</b> in the past 12 months?            | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Not Sure |

## Section III: Physical Activity Programs & Education

- |  |                              |                             |                                   |
|--|------------------------------|-----------------------------|-----------------------------------|
| 13. Has our faith community <b>organized or provided any type of exercise class</b> in the past 12 months? | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Not Sure |
| 14. Has our faith community <b>organized walking groups or clubs</b> in the past 12 months?                | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Not Sure |
| 15. Has our faith community <b>organized or supported a sports team</b> for members in the past 12 months? | <input type="checkbox"/> Yes | <input type="checkbox"/> No | <input type="checkbox"/> Not Sure |

16. Has our faith community specifically **promoted physical activity through posted information** in the past 12 months (e.g. bulletin board, posters, flyers, leaflets)?  Yes  No  Not Sure
17. Has our faith community specifically **promoted physical activity in the bulletin, program or newsletter** in the past 12 months?  Yes  No  Not Sure

#### Section IV: Healthy Eating Policies and Environments

18. Does our faith community have a **kitchen or place to prepare meals**?  Yes  No  Not Sure
19. Does our faith community have a **garden or farmer's market on-site**?  Yes  No  Not Sure
20. Does our faith community have guidelines for faith community meals requiring that:  
**fruits and vegetables** be offered?  
**100% fruit juice** be offered?  
**water** be offered?  
**low-fat items** be offered?  
**low/no sugar items** be offered?  
**low sodium items** be offered?  Yes  No  Not Sure
21. Has leadership **promoted healthy eating in a public speech, sermon, talk or homily** in the past 12 months?  Yes  No  Not Sure
22. Does our faith community have a private and comfortable **space for women to breastfeed** or express breast milk?  Yes  No  Not Sure
23. Does our faith community have **equipment that allows for preparation of healthier food** (steamers, blenders, salad bars, etc.)?  Yes  No  Not Sure

#### Section V: Healthy Eating Programs and Education

24. Has our faith community organized or provided any **healthy cooking classes** in past 12 months?  Yes  No  Not Sure
25. Has our faith community organized or provided any **weight loss support groups** in past 12 months?  Yes  No  Not Sure
26. Has our faith community organized or provided any other **nutrition-related classes or groups** in the past 12 months?  Yes  No  Not Sure
27. Has our faith community distributed any **healthy eating guides or healthy recipes** (including cookbooks) to faith community members in the past 12 months?  Yes  No  Not Sure
28. Has our faith community promoted **healthy eating through posted information** (e.g. posters, flyers, leaflets) in the past 12 months?  Yes  No  Not Sure
29. Has our faith community **promoted healthy eating in the bulletin, program or newsletter** in the past 12 months?  Yes  No  Not Sure

## Appendix B. Member Health and Interest Survey

# *Eat Smart, Move More Member Health and Interest Survey*

**Directions:** Please read each statement or question carefully and check the response that best describes you.

1. I eat 2-3 cups of vegetables on most days.  Yes  No  Not Sure
2. I eat 1 1/2 to 2 cups of fruit on most days.  Yes  No  Not Sure
3. I drink regular (not diet) soda every day.  Yes  No  Not Sure
4. I am interested in learning more about healthy food choices.  Yes  No  Not Sure
5. I am interested in learning how to incorporate fruits and vegetables into my diet.  Yes  No  Not Sure
6. I am interested in learning about healthier food choices and portions to help manage my weight.  Yes  No  Not Sure
7. I am interested in participating in “tasting” events to sample healthy foods.  Yes  No  Not Sure
8. I am interested in having healthy snacks available in our faith community.  Yes  No  Not Sure
9. I am interested in having healthy meals served in our faith community.  Yes  No  Not Sure
10. How much moderate or vigorous physical activity (such as brisk walking, jogging, biking, aerobics or yard work) do you do in addition to your normal routine, most days?  Less than 30 minutes  30-60 minutes  More than one hour
11. I am interested in learning more about the benefits of physical activity and how it can influence my health.  Yes  No  Not Sure
12. I am interested in increasing my physical activity level.  Yes  No  Not Sure
13. I am interested in walking to increase my physical activity level.  Yes  No  Not Sure
14. I am interested in participating in team activities.  Yes  No  Not Sure
15. I would like to see more places to be physically active in our faith community.  Yes  No  Not Sure
16. I would like to receive health information that I can read, listen to or watch on my own.  Yes  No  Not Sure
17. I would like to participate in health activities before services.  Yes  No  Not Sure
18. I would like to participate in health activities after services.  Yes  No  Not Sure
19. I would like to participate in health activities like physical activity breaks or healthy food tastings during regularly scheduled faith community events.  Yes  No  Not Sure

20. I would like for our leaders to talk about healthy eating and physical activity in sermons, messages or other talks.  Yes  No  Not Sure
21. I would like to see health information in our bulletins, newsletters and on bulletin boards.  Yes  No  Not Sure
22. I would like our faith community to offer regular classes on physical activity or healthy eating.  Yes  No  Not Sure

General Comments, Questions or Suggestions for the *Eating Smart and Moving More Program*:

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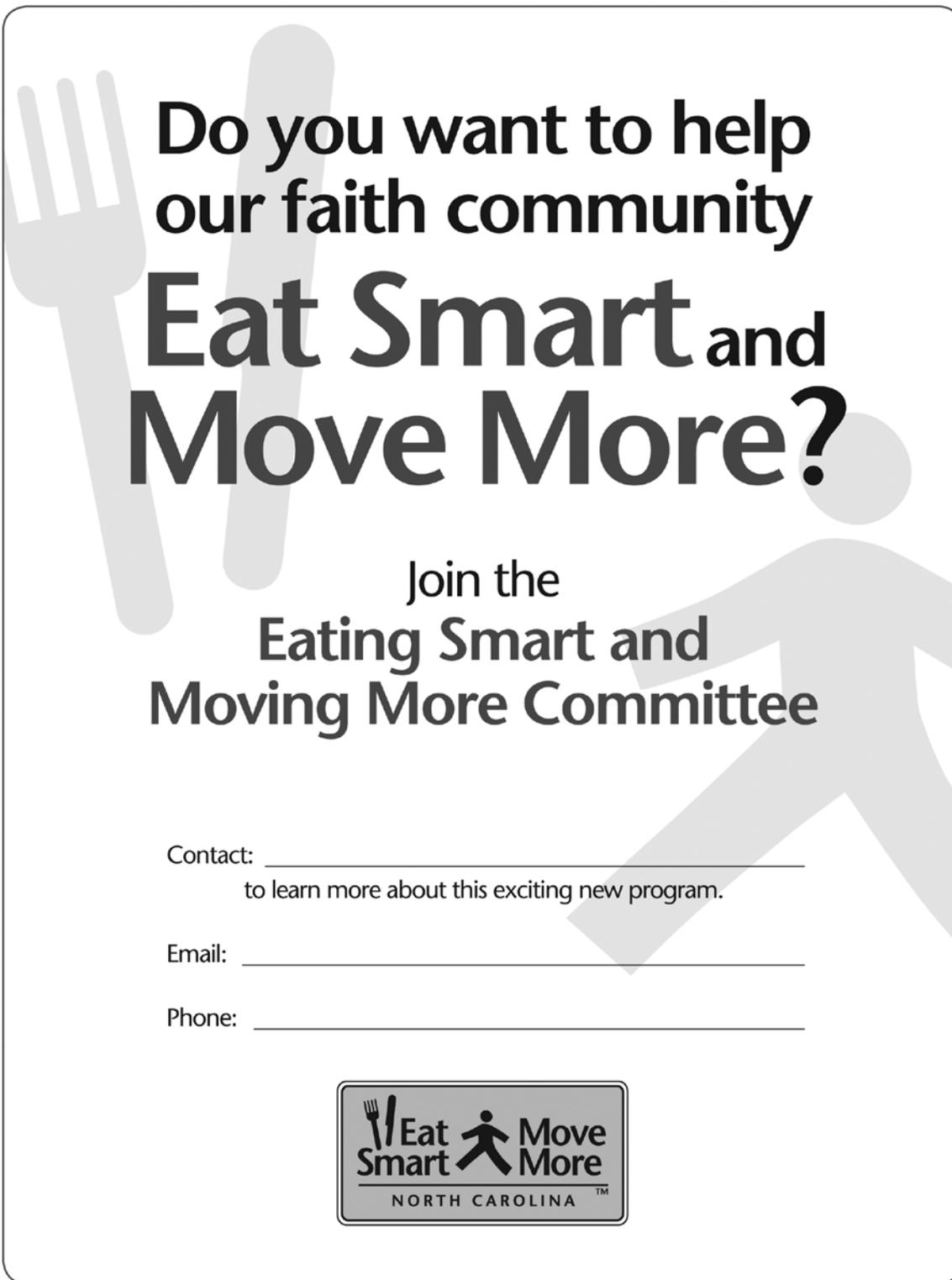
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Please return this survey to \_\_\_\_\_

By \_\_\_\_\_



Do you want to help  
our faith community  
**Eat Smart and  
Move More?**

Join the  
**Eating Smart and  
Moving More Committee**

Contact: \_\_\_\_\_  
to learn more about this exciting new program.

Email: \_\_\_\_\_

Phone: \_\_\_\_\_



**Eat Smart Move More**  
NORTH CAROLINA™

## Appendix D. Sample Program Plan

# Eating Smart and Moving More Sample Program Plan

Available for free download at [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com)

Faith Community Name: \_\_\_\_\_ Carolina County Faith Community \_\_\_\_\_  
Date of Program Plan: \_\_\_\_\_ March, 2008 \_\_\_\_\_

<b>Goal #1</b>	<b>Encourage faith community members to drink water</b>
<b>Actions</b>	<ol style="list-style-type: none"> <li>1. Print out a copy of sample policy from <a href="http://www.eatsmartmovemorenc.com">www.eatsmartmovemorenc.com</a></li> <li>2. Meet with faith community kitchen committee to discuss water policy</li> <li>3. By July, sign a faith community wide policy that water will be served at all faith community functions or events.</li> <li>4. Purchase water pitchers for faith community functions or events</li> <li>5. Designate a place for storing water pitcher</li> <li>6. Hang "Water" poster in faith community buildings (download at <a href="http://www.EatSmartMoveMoreNC.com">www.EatSmartMoveMoreNC.com</a>).</li> <li>7. Promote water policy in faith community services, newsletters, bulletin boards, programs or bulletins</li> </ol>
<b>Resources Needed</b>	<ul style="list-style-type: none"> <li>• Water pitchers</li> <li>• Sample policy</li> <li>• Storage place for water pitchers</li> </ul>
<b>Strategy Progress</b>	<ul style="list-style-type: none"> <li>• Talked with faith community leader about water policy (date completed)</li> <li>• Sample policy printed (date completed)</li> <li>• Met with kitchen committee (date completed)</li> <li>• Water pitchers purchased (date completed)</li> </ul>
<b>Goal #2</b>	<b>Encourage faith community members to grow their own vegetables</b>
<b>Actions</b>	<ol style="list-style-type: none"> <li>1. Set aside a section of faith community property for garden plots for members</li> <li>2. Contact Cooperative Extension for assistance with garden preparation</li> <li>3. Develop procedure for how garden plots will be shared among interested faith community members</li> <li>4. By June, plan and begin to grow vegetables in newly established faith community garden.</li> <li>5. Work with members and children's programs to have them assist in planting and maintaining garden plots</li> <li>6. Plan a celebration event</li> <li>7. Evaluate success of gardening project and begin plans for next year</li> </ol>
<b>Resources Needed</b>	<ul style="list-style-type: none"> <li>• Access to water</li> <li>• Gardening enthusiasts</li> <li>• Cooperative Extension staff</li> <li>• Plot of land</li> <li>• Seeds/vegetable plants</li> <li>• Gardening tools and equipment</li> </ul>
<b>Strategy Progress</b>	<ul style="list-style-type: none"> <li>• Contacted county Cooperative Extension office for gardening assistance (Date completed)</li> <li>• Located plot of land on faith community property (Date completed)</li> <li>• Purchased seeds recommended by Cooperative Extension staff (Date completed)</li> </ul>

**Appendix E. Program Plan**

# *Eating Smart and Moving More Sample Program Plan*

Available for free download at [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com)

Faith Community Name: \_\_\_\_\_

Date of Program Plan: \_\_\_\_\_

<b>Goal #1</b>	
<b>Actions</b>	
<b>Resources Needed</b>	
<b>Strategy Progress</b>	
<b>Goal #2</b>	
<b>Actions</b>	
<b>Resources Needed</b>	
<b>Strategy Progress</b>	

## Appendix F. Eating Smart and Moving More Program Survey

# *Eating Smart and Moving More Program Survey*

Available for free download at [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com)

**Note:** Download copies of this survey at [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com) or create your own survey to hand out after activities or events. Remember to fill in the name of the program and the date!

Name of Program \_\_\_\_\_

Date \_\_\_\_\_

1. The program was:  Excellent  Good  Fair  Poor

2. The part of the program that was most helpful:

\_\_\_\_\_  
\_\_\_\_\_

3. The part of the program that needs improvement:

\_\_\_\_\_  
\_\_\_\_\_

4. Was/were the leader(s) knowledgeable about the topic?  yes  no

5. What additional suggestions or comments do you have?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6. Would you like more programs like this one?  yes  no

If YES, please suggest topics/ideas:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

If NO, why not:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Name (optional): \_\_\_\_\_

Date: \_\_\_\_\_

**Thank you for your time in filling out this evaluation!**

# Certificate of Achievement

This certificate recognizes

\_\_\_\_\_

for participation in the Eating Smart and Moving More Program

at \_\_\_\_\_.

\_\_\_\_\_

Faith Community Leader

\_\_\_\_\_

Date



# Eat Smart



**T**he food we eat affects our physical and mental well-being.

It is the fuel that keeps our bodies going. Although many of us know that good nutrition can improve our health, our lifestyles have changed over the past decades. Fast food restaurants are on every corner and portion sizes are much larger. Less nutritious foods have become easier to buy in vending machines and fast food restaurants. A healthy eating pattern can help to prevent chronic diseases and conditions including heart disease, stroke, some cancers, diabetes, high blood pressure, arthritis, osteoporosis, and depression. Also, a balanced diet combined with physical activity helps achieve and maintain a healthy weight.

Your Eating Smart and Moving More committee can take steps to improve the health of members of your faith community by helping them Eat Smart. The next sections of this workbook provide suggestions and guidelines for implementing several Eat Smart policies, environmental changes and programs. For more ideas, programs and tools, visit [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com).

## **The Eat Smart Section Includes:**

Eat Smart Policies.....	30
Eat Smart Environmental Changes.....	32
Eat Smart Programs and Activities.....	37
Appendices .....	40

# Eat Smart Policies

## What is a policy?

A policy can be a law or regulation. It can also be a written rule, or a common practice. Policies can support healthy behaviors and lead to increased healthy eating.

Policies can be written at any level. State legislatures, district faith community bodies, city councils and local faith communities can all make policy changes. Policies can produce change in our surroundings that help us eat healthy foods.

For example, a faith community policy could require that water and healthy options be provided at meetings and events. A policy could also require that healthy snacks be provided whenever snacks are served.

## Why do we need policies to support good nutrition in faith communities?

Faith community policies related to healthy eating influence the faith community's "culture." Culture includes all of the habits, routines and conditions that characterize a specific faith community. Culture also includes the values, beliefs and attitudes that define what is important in that faith community. In simple terms, faith community culture is "how things are done around here." If members regularly bring high calorie snacks like doughnuts and potato chips instead of fruits, vegetables or other healthy snacks, that is a part of the faith community's culture. Likewise, if a faith community leader signs a policy stating that he

or she will speak about the importance of eating smart in messages, sermons or talks, that is also a part of the faith community's culture.

The following pages provide a range of *informal* and *formal* policy suggestions to increase and support healthy eating in communities of faith. Your Eating Smart and Moving More Program Plan should include at least one policy change. The ideas on the following pages can help you propose and implement that new policy.

### Informal Policy Examples:

- Healthy food or drink options will be served at all events or meetings that serve food or drinks, including activities like meetings and weekly meals.
- Faith community leader or staff will mention eating smart in monthly newsletter column.
- Regularly scheduled healthy weight or healthy eating programs, like support groups, nutrition classes or healthy cooking classes will be offered. For more information on healthy eating or healthy weight programs that can be offered in your area, visit [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com).
- Water will be served at all events or meetings where beverages are served.

## What are informal policies?

Some faith communities may agree to put informal policies into place to support healthy eating among members. These policies may or may not be written but should be publicly supported and widely talked about to members.

This could be done during meetings, services, in newsletters, e-mail, announcements, or in other written or spoken communication. Everyone should know that the informal policy is in place.

## What are formal policies?

An informal policy may lead to a formal, written policy. A formal policy includes a statement of purpose by the faith community and applies to all members. For example, faith communities may begin to offer healthy meals or drinks at meetings or events. Faith community leaders or staff may see that this informal policy should become a formal, written policy for all meetings and other events. The policy may read:



# Eat Smart Environmental Changes

## What is an Environmental Change?

*Environmental changes* describe changes to physical and social environments that provide new or improved supports for healthy behaviors. Examples of environmental changes include providing an on-site farmer's market or community garden and marking out walking routes around the faith community facilities.

## Why do we need Environmental Changes to support good nutrition in faith communities?

Healthy eating and physical activity are both keys to good health. An environment that supports healthy eating makes it easier to find, prepare and eat healthier meals and snacks. Environmental changes encourage healthier lifestyles by providing easy, accessible and affordable ways to adopt healthy behaviors. The following pages provide a range of *environmental change* suggestions to increase and support healthy eating in communities of faith. Your Eating Smart and Moving More Program Plan should include at least one environmental change. The ideas on the following pages can help you propose and put into action that new change.



### Community Garden

Creating a community garden is a great project for your Eating Smart and Moving More Program. You will have fresh vegetables and get some physical activity too. You can use land your faith community already owns to grow produce for faith community members. Everyone can get involved in the planning, planting, harvesting and eating!

For help planning and planting a community garden at your faith community, contact your county Cooperative Extension office. You can find the contact

information for your extension office at [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com) (click Contact).

The following websites can help you create a community garden at your faith community:

[www.communitygarden.org/](http://www.communitygarden.org/)

[www.ces.ncsu.edu/depts/hort/garden/CommunityGarden/index.html](http://www.ces.ncsu.edu/depts/hort/garden/CommunityGarden/index.html)

[www.cometothetablenc.org](http://www.cometothetablenc.org)

### Farmer's Market

Fresh fruits and vegetables are always good choices, but they are not always easily available or affordable.

The Eating Smart and Moving More committee can work with local farmers in your area to set up an on-site farmer's market. Some local farmers might be willing to bring their fresh produce to your faith community to provide fresh fruits and vegetables for purchase. Easily available fruits and vegetables can encourage people to eat these healthy and delicious foods.

The following guidelines can help the Eating Smart and Moving More committee establish an on-site farmer's market.

### Guidelines for On-site Farmer's Market:

- Identify a safe location at your faith community (parking lot, playground, etc.) or close-by where one or more produce seller(s) can park and members can walk and shop.
- Visit the local farmer's market in your area. Talk to the farmers to find out if they are willing to bring their produce to your faith community. Information about farmer's market locations across North Carolina can be obtained from the North Carolina Department of Agriculture and Consumer Services, Markets Division. Visit their website at: [www.ncagr.com/markets](http://www.ncagr.com/markets).
- Agree upon the days of the week and time schedules that work for the seller. Remember to also plan the market for times when members will normally be on site.
- Publicize the location and times of the produce market by posting signs on bulletin boards, announcements in services or meetings, via e-mail announcements, newsletters, bulletin or program inserts.



For more information on bringing a farmer's market, mini-mobile market or community supported agriculture to your faith community, download the *Eat Smart North Carolina: Bring Fresh Produce to Your Setting* at [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com). *Eat Smart North Carolina: Bring Fresh Produce to Your Setting* is a planning and resource tool for anyone who would like to have fruits and vegetables, especially locally grown, available to buy in their worksite, place of worship, neighborhood or at any gathering place.

### Eat Smart Snack Bar

One way to provide healthy snacks is to organize an Eat Smart Snack Bar. The snacks in the Snack Bar can be sold at a price lower than vending machines or convenience stores, giving faith community members the double benefit of healthy choices and saving money.

Setting up an Eat Smart Snack Bar can be as simple as putting out healthy snacks and a box to collect money in a common area or any other convenient location in your faith community. If your Eating Smart and Moving More Program does not have funds, have faith community members donate money or snacks to get the snack bar started. By charging a small fee (50 to 75 cents per item) the snack bar will pay for itself!

### Guidelines for an Eat Smart Snack Bar

- Choose a member of the Eating Smart and Moving More committee or a volunteer to be the Snack Bar Manager. Duties of the Snack Bar Manager include checking the supplies and finding out when the rack should be restocked. The wellness committee members or volunteers may decide to sign up as the manager on a weekly schedule so that the responsibility is shared.  
Snack Bar Manager \_\_\_\_\_
- Set up a snack bar area with a basket for snacks and a lockable container for collecting money. The snack bar should be set up in a common area or any other location that is easy to get to for all members.



- Purchase healthy snacks and beverages in large sizes from a grocery store or a warehouse store. The amount and type of food and beverage items for the Snack Bar should be chosen based on whether or not you have storage facilities, especially for perishable items such as juice, milk, or fresh fruits.
- Reimburse the Snack Bar Manager(s) for the purchases as soon as possible. Or, the Snack Bar Manager can use the funds from the Snack Bar locked box to purchase the next round of snacks.

For information on healthy snacks and beverages, download a copy of *Eat Smart North Carolina: Snacks and Drinks* at [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com). This colorful guide provides information and tips on when to snack and choosing healthy snack options.

## Literature Racks and Bulletin Boards

**Literature Racks:** Literature racks are an easy way to keep the idea of healthy eating visible in the faith community. Commercial literature racks are available from office and library supply stores. Simple and inexpensive literature holders can be made from nice-looking plastic or ceramic flower pots, baskets and other office or household items.

Use an attractive holder in an easy-to-find location to hold handouts, one-pagers, brochures, or pamphlets about healthy eating. Several ready-to-use handouts are available for download from [www.MyEatSmartMoveMore.com](http://www.MyEatSmartMoveMore.com).

Brainstorm some places you might place a literature rack in your faith community:




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**Bulletin Boards and Posters:** If your faith community has a bulletin board, hang healthy eating posters, handouts and quotes on it to help members learn more about Eating Smart. You can download free printable materials at [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com).

Colorful posters placed in high traffic areas can help people learn why Eating Smart is important. These posters can also support healthy lifestyle changes.

Posters should be changed regularly depending upon the number of times people pass by the message. **Generally, after seeing the same message 10-20 times, people become desensitized to it and no longer “see” it.** A good rule of thumb would be to change posters or messages once a month. Leaving the poster spot empty for a couple of weeks may also increase response to a new poster message.

See Appendix B for some examples of posters/messages that can be downloaded at [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com).

Appendix C contains samples of several motivating quotes related to healthy eating. These quotes can be downloaded at [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com). Post quotes at different places in the faith community and switch them around every week. You can also post the same quote at several places and change it after 1-2 weeks.

Brainstorm some places you might place Eat Smart Posters in your faith community:



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Additional posters, handouts and resources designed for African-American Churches can be found at [www.nih.gov/icd/od/ocpl/resources/campaigns/](http://www.nih.gov/icd/od/ocpl/resources/campaigns/).



## Support Breastfeeding Mothers

Women who breastfeed their babies require a quiet, private place to nurse the baby or to express breast milk for later feedings.

The following websites provide more information about how to set up a comfortable area for breastfeeding mothers on site at your faith community:

- [www.womenshealth.gov/Breastfeeding](http://www.womenshealth.gov/Breastfeeding)
- [www.cdc.gov/breastfeeding](http://www.cdc.gov/breastfeeding)
- [www.usbreastfeeding.org](http://www.usbreastfeeding.org)

## Make Water Available

Two-thirds of our bodies are made up of water. Although it is an important nutrient, we often do not drink enough of it. This can cause dehydration, body fatigue and difficulty concentrating.

Vending machines often provide only sodas that are loaded with calories and are of little nutritional value to the body. Having water available for members of your faith community may encourage them to drink water instead of sodas and other sugar-sweetened beverages.

### Guidelines:

- Install water fountains or water coolers in common areas. If you do not have enough money for this, place water pitchers and cups in easy to find locations throughout the faith community facilities.
- Serve bottled water or water from pitchers at meetings, meals and other functions instead of soda and other flavored or sweetened beverages. You can offer lemon, lime, cucumber slices, or fresh mint leaves to add flavor to the water.
- Encourage faith community members to drink more water throughout the day and to choose water as a beverage instead of sweetened drinks. Incorporate the message of drinking more water into any existing health and fitness programs your Eating Smart and Moving More Program offers.
- Download the “Water—Just Drink It” Poster and hang it above water fountains or next to water coolers or pitchers. You can download this poster at [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com).



(Adapted from Colorado Physical Activity and Nutrition Program Worksite Resource Kit)

## Working with Local Restaurants

Your Eating Smart and Moving More committee can work with nearby restaurants to promote those that serve fruits, vegetables, whole grains, and lean meats.

Even fast food restaurants can be healthy. Some of the top fast food chains are now offering a variety of healthy options such as salads with lowfat dressing, lean meats, whole grains, and side items like fruit and lowfat yogurt.



**Ideas for promoting local restaurants**

- Create and give members a handout that lists nearby restaurants that offer healthy choices. You can also include examples of healthy menu items from each of the restaurants.
- Ask local restaurants to cater their healthy menu items at events or meetings. For more information on healthy menu items for events or meetings, download the “Eat Smart North Carolina: Guidelines for Healthy Foods and Beverages at Meetings, Gatherings and Events” available online at [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com).
- Create a map of the area surrounding your faith community that points out nearby restaurants that offer healthy menu items.
- Partner with local restaurants to provide members with coupons or discounts on healthy menu items.
- Hang the *Eating Out...Making Healthy Choices* poster on bulletin boards or in other prominent locations in your faith community. Download this poster at [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com).

# Eat Smart Programs and Activities

The Eating Smart and Moving More committee may offer scheduled classes or programs for members to help them Eat Smart.

The educational sessions may be presented during regularly scheduled faith community meeting times or at other times that are convenient for members. This is a popular way to offer information on a selected topic of interest. The following ideas for group classes or activities can be incorporated into your Program Plan.

## What's Cookin' in the Eat Smart Kitchen?

Providing faith community members with hands-on cooking classes and taste testing may help them prepare healthier foods. Classes may be held during regular meetings or programs, or at times that work for interested faith community members.

It is important to make sure that the person leading the class has knowledge of healthy foods. Contact a Registered Dietitian from your local hospital or health department or the local Cooperative Extension Agent to find out if that person offers cooking classes or knows someone in the area who does.

Be sure to find out what your faith community should provide for the class. Some questions to ask include: Is there a fee for the class? Will you provide ingredients or should we provide them? Who should provide the cooking utensils? Make sure that your faith community has adequate cooking equipment for the demonstration/class.

Use this space to make notes on an Eat Smart Cooking Class or Taste Test:



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Eat Smart, Move More North Carolina maintains a searchable directory you can use to locate health professionals in your county at [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com).

## Eat Smart Education Sessions

Organize an opportunity for your members to learn how to eat smart at a presentation led by a health professional in your local area or through a video presentation. Ask speakers to present for 20 minutes, leaving plenty of time for questions and answers.

The following resources may be explored for ordering healthy eating videos. You may view and order the products online or call and request a product catalog. Watch the video ahead of time to make sure that it is appropriate for your faith community and the audience. Remember that food is viewed differently in different cultures and the video chosen should respect member diversity.

Here are some websites that offer video presentations:

- [www.krames.com](http://www.krames.com) 1-800-333-3032
- [www.eatright.org](http://www.eatright.org) American Dietetic Association
- [www.cfsan.fda.gov/~comm/vitlabel.html](http://www.cfsan.fda.gov/~comm/vitlabel.html) 1-888-463-6332

Eat Smart, Move More North Carolina maintains a searchable database to help you locate health professionals in your community at [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com). Registered Dietitians can be located by zip code at [www.eatright.org](http://www.eatright.org), a website sponsored by the American Dietetic Association.





# Sample Healthy Eating Policy



Dear Faith Community Members:

It's time to take action for ourselves, our families, our community, and our great state. Poor nutrition and lack of physical activity are taking a large toll on the health of our citizens and our communities. It has been estimated that \$24.1 billion spent by North Carolinians on health care costs is related to physical inactivity, excess weight, type II diabetes, and low fruit and vegetable consumption.

According to Dr. Bill Dietz, MD, PhD, Director of the Division of Nutrition, Physical Activity and Obesity, at the Centers for Disease Control and Prevention (CDC), *"...North Carolina is one of our nation's leaders in developing an initiative to move communities to adopt healthy eating and physical activity policy and environmental changes in an effort to prevent and combat rising trends in obesity and other chronic diseases."*

You can join this initiative and take action today! Adopt the sample healthy foods policy on the reverse side of this sheet and use it in the following ways:

- **Share it with your *faith community* and encourage a *faith community* policy that supports healthy foods being served at a variety of functions.**
- **Share it with your *employer* and encourage a *worksite* policy that supports healthy foods being served at meetings, in vending machines, in cafeterias-any place where employees can purchase foods and beverages.**
- **Share it with the variety of *community groups* in which you may be involved.**
- **Take the pledge to buy healthy foods when dining out and in your own home.**

Eat Smart, Move More North Carolina is a statewide movement that promotes increased opportunities for healthy eating and physical activity wherever people live, learn, earn, play and pray. We want communities, schools and businesses to make it easy for people to eat healthy food and be physically active. We encourage individuals to think differently about what they eat and how much they move, and to make choices that will help them feel good and live better.

Visit [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com) to locate potential partners and learn about additional ways to get involved.

# Sample Eat Smart Policy— Water Pitcher Policy



**Because:**

Interfaith Community in Carolina County, NC is concerned about the health of our members and guests;

**Because:**

People have become more and more interested in eating smart and moving more;

**Because:**

Cancer, heart disease and stroke—the top three causes of death in North Carolina—are largely affected by what we eat and how physically active we are;

**Because:**

Foods such as fruits, vegetables, whole grain breads and pastas, and low-fat dairy products are better choices for preventing many diseases;

**Therefore:**

Effective December 1, 2008 it is the policy of Interfaith Community that **water will be served at all events or meetings where beverages are served and pitchers filled with water will be available for refills.\***

Signature \_\_\_\_\_ Title \_\_\_\_\_

Name of Faith Community \_\_\_\_\_

Date \_\_\_\_\_

\*Note: Your faith community can implement a policy that includes changes like: serving fruits and vegetables at all events or functions, offering healthy snacks for children, youth and adult school classes, or providing healthy meals at all faith community gatherings. For more examples of policies, refer to the Eat Smart Policy section of this Resource Guide.

# Appendix B. Healthy Eating Posters

The following posters can be downloaded for free at [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com)

## WHAT'S IN THE Nutrition Label?

**1. Start here** — Serving Size 1 cup (228g)  
Servings Per Container 2

**2. Check calories**

**3. Limit these nutrients**

**4. Get enough of these nutrients**

**5. Footnote**

**6. Quick guide to % DV**  
• 5% or less is low  
• 20% or more is high

**1** All the nutrients listed on the food label pertain to one serving of that food item. Pay attention to the serving size, especially how many servings there are in the food package. Then ask yourself, "How many servings am I consuming?" (1/2, 1 or more)

**2** Calories provide a measure of how much energy you get from a serving of that food item. The number of servings you consume determines the number of calories you actually consume.

**3** The nutrients identified in yellow should be consumed in limited amounts. Eating too much fat, saturated fat, trans fat, cholesterol or sodium may increase your risk for certain chronic diseases.

**4** The nutrients identified in blue should be consumed in enough amounts to improve and maintain health and reduce the risk for some diseases and conditions.

**5** The footnote tells that the %DV for the nutrients listed on the food label are based on a 2,000-calorie diet. This statement does not change from product to product; it is always the same.

**6** The Percent Daily Value (%DV) helps to determine if a serving of food is high or low in a nutrient. Generally, a 5% DV is considered low and a 20% or more is high.

©2014 U.S. Food and Drug Administration. Center for Food Safety and Inspection Inspection. "How to Understand and Use the Nutrition Facts Label." For detailed information see <http://www.fda.gov/oc/ohrt/foodfacts.html>

## EATING SMART ON THE RUN

# Eating Out... Choosing the Right Size

- Think before you order.
- Don't supersize.
- Share with a friend or a co-worker.
- Order a kid's size meal.
- Order an appetizer as an entrée.
- Take part of your meal home.

Starbuck

## EATING SMART ON THE RUN

# Eating Out... Making Healthy Choices

- Drink juice, water or milk.
- Start with a salad. Ask for dressing on the side.
- Order an appetizer as your main dish.
- Choose baked, broiled and steamed options.
- Ask for extra vegetables in your entrée.
- Order a fresh fruit platter for your dessert.
- Ask for a take-out bag and keep part of the dish aside before eating.
- Eat slowly.

Starbuck

## Eating Out... Making Healthy Choices

# The Label Language

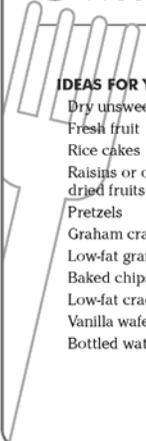
**Know what some terms mean when choosing low fat, low calorie and low sodium items.**

PHRASE	WHAT IT MEANS
<b>FATS</b>	
Fat free	Less than 0.5 grams per serving
Low saturated fat	1 gram or less per serving
Low fat	3 grams or less per serving
Reduced fat	At least 25% less fat than regular version
Light in fat	Half the fat of the regular version
<b>CALORIES</b>	
Calorie free	Less than 5 calories per serving
Low calorie	40 calories or less per serving
Reduced or less calories	At least 25% fewer calories than regular version
Light or lite	Half the fat or a third of the calories of regular version
<b>SODIUM</b>	
Sodium free or salt free	Less than 5 milligrams per serving
Very low sodium	35 milligrams or less per serving
Low sodium	140 milligrams or less per serving
Low sodium meal	140 milligrams or less per 3 1/2 ounces
Reduced or less sodium	At least 25% less sodium than regular version
Light in sodium	Half the sodium of the regular version
Unsalted or no salt added	No salt added to the product during processing

©2014 U.S. Food and Drug Administration. Center for Food Safety and Inspection Inspection. "How to Understand and Use the Nutrition Facts Label." For detailed information see <http://www.fda.gov/oc/ohrt/foodfacts.html>

## EATING SMART ON THE RUN

### Take It with You... Create Your Own **Snack Bag**



**IDEAS FOR YOUR SNACK BAG**

- Dry unsweetened cereal
- Fresh fruit
- Rice cakes
- Raisins or other dried fruits
- Pretzels
- Graham crackers
- Low-fat granola bars
- Baked chips
- Low-fat crackers
- Vanilla wafers
- Bottled water

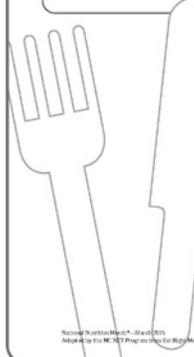
**ADDITIONAL ITEMS**

- Vegetable sticks or baby carrots
- Yogurt
- Pudding
- Cottage cheese
- String cheese
- Juice boxes



## Smart Ways to **RIGHT-SIZE** Your Portions

There's no need to give up your favorite foods to manage your weight or improve your health. The bigger problem is not **WHAT** we eat, but **HOW MUCH** we eat. The key to healthful and delicious eating is to downsize your portions at breakfast, lunch, dinner and especially snack time.



Listen to your body's cues. Prepare less food for meals. Start with a small serving. Use **small dishes and glasses**. Slow down the pace of eating. Eat half, wait 20 minutes. Never eat out of the bag. Think before you order. **Always go for the small size.** Share, share, share. Eat half, take half home. Eat regular meals and snacks.

Revised by the MyPlate Team, 2011. Adapted by the MyPlate Program from the MyPlate website.



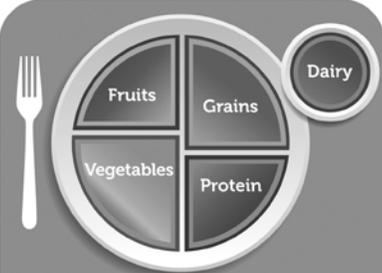
"You don't stop playing because you get old. You get old because you stop playing."



Remember **PORTION SIZE—** Buy a **Kid-Size Meal** and **ENJOY THE TOY!**



## 10 tips to a **great plate**



Choose **MyPlate.gov**

Making food choices for a healthy lifestyle can be as simple as using these 10 Tips. Use the ideas in this list to **balance your calories, to choose foods to eat more often, and to cut back on foods to eat less often.**

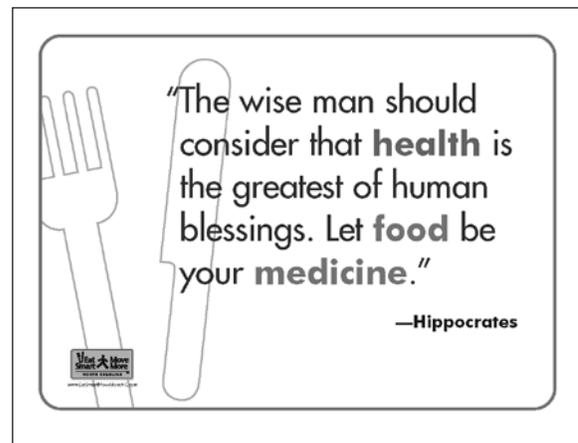
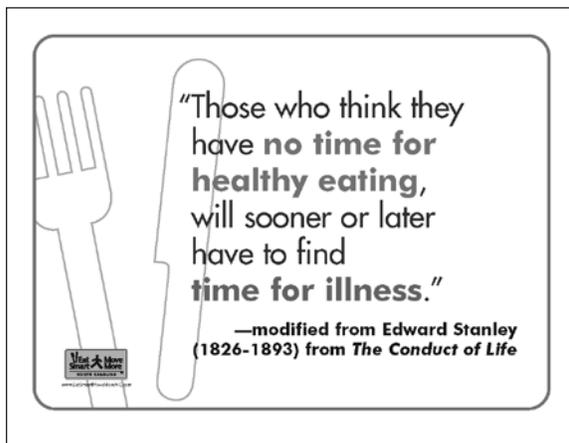
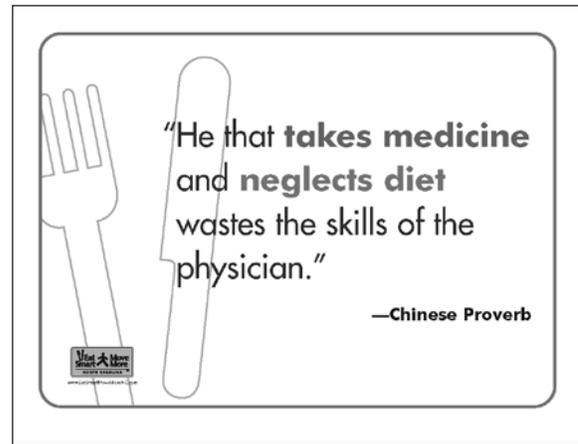
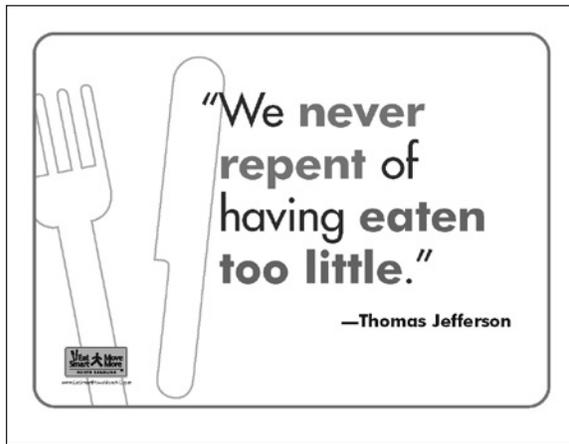
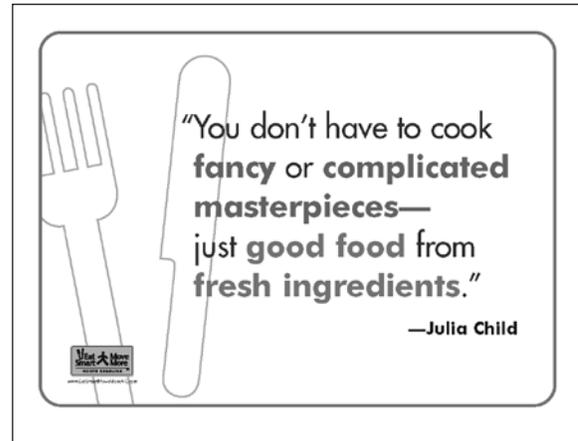
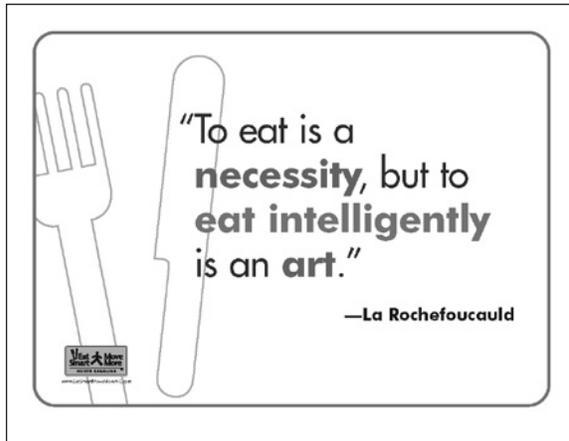
1. Balance calories.
2. Enjoy your food, but eat less.
3. Avoid oversized portions.
4. Eat more vegetables, fruits, whole grains, and fat-free dairy products.
5. Make half your plate fruits and vegetables.
6. Switch to fat-free or low-fat (1%) milk.
7. Make half your grains whole grains.
8. Cut back on foods high in solid fats, added sugars, and salt.
9. Compare sodium in foods.
10. Drink water instead of sugary drinks.






## Appendix C. Healthy Eating Quotes

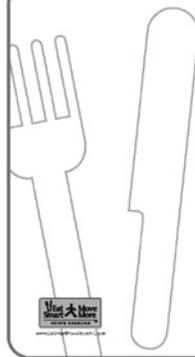
The following quotes can be downloaded for free at [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com)





**"The first  
wealth is  
health."**

—Ralph Waldo Emerson



**"We are  
what we  
repeatedly  
do."**

—Aristotle



**"You can't **change**  
where you **came from**.  
You can **change**  
where you are **going**."**

—Anonymous



# Move More

**F**or decades, it has been known that physical activity is “good for you.” Historically, physical activity occurred as part of daily living, such as household chores and walking rather than driving. Our lifestyles have changed over the past decades. New technologies like the car and remote control have replaced a more active way of living. Modern conveniences have contributed to inactive lifestyles and increases in chronic disease.

Your Eating Smart and Moving More committee can take steps to improve the health of faith community members by helping them Move More. All activities can be adapted to include members with special needs. The next sections of this workbook provide suggestions and guidelines for implementing several Move More policies, environmental changes and programs. For more ideas, programs and tools, visit [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com).



## **The Move More Section Includes:**

Move More Policies.....	48
Move More Environmental Changes .....	50
Move More Programs and Activities .....	57
Appendices .....	60

# Move More Policies

## What is a policy?

A policy can be a law or regulation. It can be a written rule, or a common practice. Policies can support healthy behaviors and lead to increased physical activity.

We can write policy at any level. State legislatures, district faith community bodies, city councils and local faith communities all can make policy changes. Policies can produce change in our surroundings that help us improve our physical activity habits.

For example, a faith community policy could require that a physical activity break be included in all meetings or events (other than services) that last more than one hour.

## Why do we need policies to support physical activity in faith communities?

Faith community policies related to physical activity influence the faith community's "culture." Culture includes all of the habits, routines and conditions that characterize a specific faith community. Culture also includes the values, beliefs and attitudes that define what is important in that faith community. In simple terms, faith community culture is "how things are done around here." If youth or members regularly gather in a lounge to watch television, that is a part of the faith community's culture. Likewise, if a faith community regularly offers ways to be physically active (like playing games, sponsoring a faith community sports team, etc.), that is also a part of its culture.

The following pages provide a range of informal and formal policy suggestions to increase and support physical activity in communities of faith. Your Eating Smart and Moving More Program Plan should include at least one policy change. The ideas on the following pages can help you to propose and implement that new policy.

### Some examples of informal policies:

- **Physical Activity Breaks in Meetings**—Lead stretch breaks or active icebreakers at all meetings or events (except services).
- **Regular Physical Activity Opportunities**—Offer regular walking or physical activity clubs or sponsor a faith community sports team each year.

## What are informal policies?

Some faith communities may agree to put informal policies into place to support physical activity among members. These policies may or may not be written but should be publicly supported and widely talked about to members. This could be done during meetings, services, in newsletters, e-mail, announcements, or in other written or spoken communication. Everyone should know that the informal policy is in place.

## What are formal policies?

An informal policy may lead to a formal, written policy. A formal policy includes a statement of purpose by the faith community and applies to all members. For example, faith communities may begin to offer physical activity breaks at meetings or events. Faith community leaders or staff may see that this informal policy should become a formal, written policy for all meetings and other events. The policy may read:

*As of (date), it is the policy of (insert faith community name) to include a five (5) minute physical activity break at all meetings or events (not services).*



# Move More Environmental Changes

## What are an Environmental Changes?

Environmental changes are changes to physical and social environments that provide new or improved supports for healthy behaviors. Examples of environmental changes include providing an on-site farmer’s market or community garden and marking out walking routes around the faith community facilities.

## Why do we need Environmental Changes to support physical activity in faith communities?

Environmental changes encourage healthier lifestyles by providing easy, accessible and affordable ways to adopt healthy behaviors. The following pages provide a range of environmental change suggestions to increase and support physical activity in communities of faith. Your Eating Smart and Moving More Program Plan should include at least one environmental change. The ideas on the following pages can help you propose and implement that new change.

## Walking Routes and Maps

Identifying safe walking routes encourages members to Move More, especially while they are at your faith community. Walking routes can be indoors or outdoors and should be of different lengths for both short and long walks. You can let members know about new walking routes by creating a map or directions for the route and by promoting it through posters, signs, and through written or verbal announcements.

## Guidelines for Creating Walking Routes and Maps

1. Choose one or two members from the Eating Smart and Moving More committee to act as coordinator(s).  
Coordinator 1 \_\_\_\_\_  
Coordinator 2 \_\_\_\_\_



2. Find a safe area for members to walk. This could be in the parking lot, a nearby neighborhood, the interior of your buildings, or an existing track or sports field. The route can form a circle, bringing the walker back to the start point or it may be a straight route, out and back. If you choose a nearby neighborhood, you may want to use the “Walkability Checklist” (available for download at [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com)) to make sure the route is safe and accessible.
3. Find out who in your community has a measuring wheel. A measuring wheel is a device that can be rolled along the ground and the distance traveled is displayed on a dial. Generally, the high school athletic department, the parks and recreation department, police department, or the highway patrol may have a measuring wheel. Also, distances for outdoor routes can also be found by using an online program such as Google Maps ([www.trails.com/googlemap.aspx](http://www.trails.com/googlemap.aspx)) or America’s Running Routes ([www.usatf.org/routes](http://www.usatf.org/routes)).



### **Park it and Get Moving Challenge!**

To make parking farther and moving more into a challenge, post sign-up sheets and ask members to chart the number of days they park in one of the marked spots. Offer a reward for the member who parks in one of these spots the most times during the challenge time period (set the time period for a month or several months). You can offer a small reward or recognition for the winner. Announcing the winner's name on a bulletin board or during a service could be a great reward!



### **Park Farther, Walk More!**

Almost everyone tries to park closest to the door, whether at work, shopping centers or other public places. Help members of your faith community get extra steps during their day by parking away from the building entrances. Identify parking spaces farther away from the entrance, and mark them by using the poster below.

Think about counting the number of steps it takes to walk to the door from each parking spot and label that information on the poster using stick-on labels or permanent markers. Be sure to work with leaders, ministers and staff at your faith community to get permission and find regulations for posting signs in the parking lots.

The sign at right can be downloaded at [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com).

### **Bike Racks**

Bicycling is a fun and affordable way to get around. It also helps you increase your daily physical activity. Providing secure bike racks at your faith community may encourage people to bike rather than drive to services, meetings or events.

The type and design of bike rack will be different in each faith community. This will depend on how much space your faith community has for installation and the number of people who might want to use it.

Bike racks are a one-time investment for your faith community, but they can have long term health benefits for members.

If your faith community has enough funding to purchase its own bike rack, you may search for online vendors and get a competitive price.

#### **The following sources may be contacted for bike rack information:**

- *North Carolina Department of Transportation, Division of Bicycle and Pedestrian Education* has grant money available for independent projects that support the needs of bicyclists and pedestrians. Your faith community may be eligible to receive funding for improving bike paths or bicycle storage. Check for deadline dates to submit grant application.  
Phone: 919-807-0777  
E-mail: [bikeped\\_transportation@dot.state.nc.us](mailto:bikeped_transportation@dot.state.nc.us)  
Website: [www.ncdot.org/transit/bicycle/](http://www.ncdot.org/transit/bicycle/)
- *Your local parks and recreation department* may be able to work with you to get a bicycle rack installed at your faith community. You may get the contact information for local parks in your county through the NC State Parks website or by calling the NC Division of Parks and Recreation.  
Phone: 919-733-4181  
Website: [www.ncparks.gov](http://www.ncparks.gov)

## Fitness Room

Having an on-site fitness room at the faith community may help people Move More and increase their daily physical activity. Offering a fitness room at the faith community makes physical activity more accessible for members.

A fitness room can be large or small. It can vary from a small room with some designated equipment to a large gym or “family life center.”

### Here are some ideas for small spaces:

- VCR/DVD and TV for playing video programs
- Free weights or exercise bands
- Exercise balls
- Yoga or Pilates mats
- Posters that demonstrate stretches
- Posters that demonstrate strength moves individuals can do with no equipment

In any space, large or small, think about placing the following items:

- Bulletin boards with health and fitness information
- A VCR/DVD and monitor for playing or projecting video programs
- A sign that states “This facility is unmonitored and its use is voluntary. Use at your own risk.”



### WEIGHING SCALES

Weighing scales made available for faith community members may encourage them to be physically active and track weight changes.

#### Tips for weighing scales:

- Use a good quality weighing scale.
- Make sure the weighing scale is placed on a hard level surface during use.
- Ensure that the weighing scale is located at a place where people can have privacy while weighing.

When thinking about purchasing a weighing scale, consider the following free options:

- Members may want to contribute to a pool of funds to buy a weighing scale.
- A member may wish to donate his or her personal good quality weighing scale.
- The local health department or a hospital may donate a scale.

## Literature Racks and Bulletin Boards

**Literature Racks:** Literature racks are an easy way to help faith community members learn about Moving More. Commercial literature racks are available from office and library supply stores. Simple and inexpensive literature holders can be made from nice plastic or ceramic flower pots, baskets and other office or household items.

Use an attractive holder in a highly visible location to hold handouts, one-pagers, brochures, or pamphlets about physical activity.

Several ready-to-use handouts are available for download from [www.MyEatSmartMoveMore.com](http://www.MyEatSmartMoveMore.com).



## Lending Library

Creating a lending library of videos and books for faith community members is one way to support their efforts to Move More.

The following is a listing of some places where you might be able to get physical activity books, videos, and audio tapes for the lending library:

**Public Library:** Many public libraries carry a large collection of physical activity books, videos and audiotapes. Explore tapes on Tai Chi, Yoga, Pilates, stretching, kick boxing, step aerobics, line dancing, square dancing, and weight training.



**Members:** Members of your faith community may own physical activity books, videos or audio tapes. They might be willing to “dust them off” and share them with other members. Trading materials can add variety to the physical activity routine and reduce boredom. Ensure that shared materials are relatively current. You don’t want to share bad or outdated information.

**Local Community Groups and Other Faith Communities:** Community groups (such as the YMCA) and other faith communities in your local area may own books or videos on physical activity and may be willing to lend or donate these to your faith community.



## Spruce Up Your Stairwell

Making your stairwell inviting and accessible can help members to increase physical activity at the faith community. After taking the stairs in the faith community, members may choose to use the stairs in other places like work, the mall or other business buildings to maintain a more physically active life.

Before encouraging people to use the stairs, make sure that the stairwells at your faith community are safe and inviting so that taking the stairs seems like a better option than the elevator.

### Guidelines for Sprucing up Your Stairwell

1. Discuss the idea with building administration, maintenance, and staff to find out if a stairwell initiative is a good option for your faith community.
2. Assess the condition of the stairwells in your building. Consider safety concerns that should be addressed immediately such as non-working lighting, missing railings, or other safety hazards.
3. Create a list of improvements that would make the stairwells better. Some examples of improvements are point-of-decision prompts (see below), new paint, music, enhanced lighting, rubber stair treads, carpeted landings and artwork or other attractive visuals on the walls. Decide which improvements would be best for your faith community. You can even talk with members to get their opinions.
4. Develop a budget. Be sure to include a brief overview of the stairwell project, a cost estimate, and an overview of who is responsible for completing and paying for each improvement. When creating your budget, remember to think about low-cost and free resources you may already have. Members may be willing to donate their skills to paint and improve the stairwells or provide their own original artwork.

**Point of decision prompts**

Point-of-decision prompts are often used to remind people to make healthy choices. You can encourage people to take the stairs by hanging point-of-decision prompts. Place inspirational and motivational signs or posters at the entrance to the stairwells and on elevator doors. Post the signs at eye-level or at a place where they can easily be seen. Visit [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com) for stairwell posters you can download.



5. Before making improvements to your stairwell, talk with your local fire marshal and building inspector to make sure that your improvements are in compliance with local laws. For instance, walls and handrails may need to be certain colors, paint types, or reflective to make sure that escape routes remain safe.
6. Promote! Promote! Promote! Several motivational posters can be downloaded at [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com).

For additional help, visit [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com) to download Move More North Carolina: A Guide to Stairwell Initiatives.

# Move More Programs and Activities

The Families Smart and Moving More committee can offer scheduled programs and classes for members to help them Move More.

The classes may be held during regularly scheduled faith community meeting times or at other times that are convenient for members. This is a popular way to provide information on a variety of topics. The following ideas for group classes or activities can be incorporated into your Program Plan.

## Educational Information in Printed Materials

Your Eating Smart and Moving More committee can place educational messages and handouts in printed materials your faith community distributes. For example, you can place small Move More messages in weekly bulletins or programs, place physical activity articles in faith community newsletters, or include family friendly ideas for physical activity in materials children are given to take home to their parents.

You can download newsletter ideas, handouts, bulletin inserts and tips for Moving More at [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com).

Brainstorm some ways your Eating Smart and Moving More committee can distribute educational materials:



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## Move More Education Sessions

Organize an opportunity for your members to learn how to Move More by asking a local professional to speak at the faith community. Ask speakers to present for 20 minutes, leaving plenty of time for questions and answers.

Eat Smart, Move More North Carolina maintains a searchable database to help you locate health professionals in your community at [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com).

## Physical Activity Classes

Consider offering group classes, such as aerobics or yoga, and personal training sessions onsite at the faith community. Offering such on-site fitness opportunities can greatly increase excitement about Moving More.

- Gather information on members' interest in physical activity classes. Remember to find out about the kind of activity and time of session.
- Contact faith community leaders, ministers and staff for permission to use facilities and equipment for these sessions.

The guest speaker should be a recognized authority on physical activity. Potential speakers for physical activity might include:

- Local Physical Activity and Nutrition Coalition Coordinator
- Health Educator (from your local Health Department)
- Family and Consumer Science Agent (from local Cooperative Extension Center)
- Physical Therapist or Fitness Personnel
- Heart Disease and Stroke Prevention Regional Coordinator
- Local Fitness Center Trainer
- YMCA/YWCA Physical Activity Director
- Cardiac Rehabilitation Staff Member
- Parks and Recreation Trainer/Coach
- Nurse

- Have participants fill out an informed consent agreement and obtain physician approval (as appropriate) before attending the fitness sessions. These documents should be kept by the Eating Smart and Moving More committee.
- Invite trained personnel such as a physical education instructor, exercise physiologist, personal trainer or group exercise instructor to conduct these sessions. Contact your local fitness centers, rehabilitation centers and schools for available instructors. Interview instructors to find out if their expertise matches the needs of the faith community.
- Follow guidelines for fitness and/or wellness programs set forth by the American College of Sports Medicine closely. These standards are outlined in the text box below (ACSM's Health and Fitness Facility Standards and Guidelines, 2nd Edition).
- Check to be sure that there are policies and procedures in place for health emergencies. Also find out if there are first-responders in your faith community.

**“It is the position of the American College of Sports Medicine that any business or entity that provides an opportunity for individuals to engage in activities that may reasonably be expected to involve placing stress on one or more of the various physiological systems (cardiovascular, muscular, thermoregulatory etc.) of a user’s body must adhere to the six standards.”**

- A facility must be able to respond in a timely manner to any reasonably foreseeable emergency event that threatens the health and safety of facility users.
- A facility must offer each adult member a pre-activity screening that is appropriate to the physical activities to be performed by the member.
- Each person who has supervisory responsibility for a physical activity program or area at a facility must have demonstrable professional competence in that physical activity or program.
- A facility must post appropriate signage alerting users to the risks involved in their use of those areas of a facility that present potential increased risk(s).
- A facility that offers youth services or programs must provide appropriate supervision.
- A facility must conform to all relevant laws, regulations and published standards.

## Physical Activity Quiz

Before faith community members can be motivated to engage in regular physical activity it might be useful to help them learn more about why they are not physically active. At

[www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com), you can download a quiz that helps individuals identify their barriers to being physically active. The quiz also offers some suggestions for overcoming those barriers. You can photocopy and distribute this quiz to each of your faith community’s members.



## Move More Breaks in Meetings

Providing short Move More breaks during meetings can help members become more physically active. If possible, choose a room with some open space so that it’s comfortable for everyone to move or stretch during the physical activity break. Appendix D provides several suggestions on conducting short and fun activities during meetings or events. Mix and match from the ideas provided or create your own!

## Walk and Talk

If members have short meetings or classes with a small number of participants, encourage them to walk and talk. They can walk around the faith community, in the parking lot, or other safe locations nearby. Be sure to inform the participants ahead of time and set an informal dress code (comfortable clothes and shoes for walking). Choose a meeting area that is inclusive of persons of all abilities.



## Move More—One Step at a Time Challenge

Having a steps challenge will encourage faith community members to take more steps during the day. To start a challenge, begin by thinking about how you would like members to track their steps. Some ideas include purchasing pedometers or having members count the number of minutes they walk in a day. You can also hold a challenge that counts the number of flights of stairs members take. Post a challenge sign-in sheet that specifies how you will be counting steps (pedometer, minutes, or flights) and include information on when the challenge will begin and end.

You can download printable walking logs at [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com) to distribute to participants who sign up for the challenge. You can also place Move More posters in the stairwells and hallways to encourage challenge participants.

At the end of the challenge, reward the winner with a prize that your faith community has purchased or had donated (exercise equipment, gift certificates for healthy meals or spa packages, or gym gift certificates are great incentives). A printed certificate would be a nice prize for all participants in the challenge. Also think about mentioning the challenge participants in newsletters or on bulletin boards to highlight their success!

## Charity Walks

Many faith community members may have a favorite charity. Charities often sponsor walk or run events for fundraisers. Choose a local event to support and encourage faith community members to participate as a team, or hold a fundraising walk at your faith community and donate the proceeds to a worthy charity organization. One fundraising event per month reinforces regular physical activity and can make a difference to charity organization. A calendar of sports events (individual/group/park and community) in every state can be found at [www.active.com](http://www.active.com).

## Activity Clubs and Groups

Encourage members who have an interest in similar kinds of physical activity or sports to form their own clubs and be active as a group. Some examples include walking groups, pick up basketball, volleyball, or soccer games. Time could be used before or after regular events or meetings.

Your faith community can even sponsor a team in a local recreation league. Social support from group members who are interested in being physically active can help people make Moving More a part of their daily routine.

# Sample Physical Activity Policy



Dear Faith Community Member:

It's time to take action for ourselves, our families, our community, and our great state. Poor nutrition and lack of physical activity are taking a large toll on the health of our citizens and our communities. It has been estimated that \$24.1 billion spent by North Carolinians on health care costs is related to physical inactivity, excess weight, type II diabetes, and low fruit and vegetable consumption.

According to Dr. Bill Dietz, MD, PhD, Director of the Division of Nutrition, Physical Activity and Obesity, at the Centers for Disease Control and Prevention (CDC), "...North Carolina is one of our nation's leaders in developing an initiative to move communities to adopt healthy eating and physical activity policy and environmental changes in an effort to prevent and combat rising trends in obesity and other chronic diseases."

You can join this initiative and take action today! Adopt the sample physical activity policy on the reverse side of this sheet and use it in the following ways:

- Share it with your *faith community* and encourage a policy that supports physical activity in a variety of ways.
- Share it with your *employer* and encourage a worksite policy that supports physical activity breaks at meetings, designated walking routes or other activity opportunities, and flexible work schedules to allow physical activity.
- Share it with the variety of *community groups* in which you may be involved.
- Take the pledge to be physically active and encourage your family members and friends to join you.

Eat Smart, Move More North Carolina is a statewide movement that promotes increased opportunities for healthy eating and physical activity wherever people live, learn, earn, play and pray. We want communities, schools and businesses to make it easy for people to eat healthy food and be physically active. We encourage individuals to think differently about what they eat and how much they move, and to make choices that will help them feel good and live better.

Visit [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com) to locate potential partners and learn about additional ways to get involved.

# Sample Move More Policy— Ten Minute Physical Activity Policy



**Because**

Interfaith Community in Carolina County, NC is concerned about the health of our members and guests;

**Because**

People have become more and more interested in eating smart and moving more;

**Because**

Cancer, heart disease and stroke—the top three causes of death in North Carolina—are largely affected by what we eat and how physically active we are;

**Because**

Regular physical activity provides for increased quality of life through improved endurance, strength, flexibility and balance, as well as reduced risk of chronic diseases, injury and perception of stress; and

**Therefore:**

Effective December 1, 2008 it is the policy of Interfaith Community that **at least 10 minutes of physical activity will be offered during weekly adult, children and youth educational class.**

Signature \_\_\_\_\_ Title \_\_\_\_\_

Name of Faith Community \_\_\_\_\_

Date \_\_\_\_\_

\*Note: Your faith community can implement a policy that includes changes like: incorporating physical activity into every faith community gathering, providing weekly physical activity messages on the bulletin or in newsletters, or mentioning physical activity messages regularly in leaders' talks or sermons. For more examples of policies, refer to the Move More Policy section of this Resource Guide.

# Appendix B. Physical Activity Posters

The following posters can be downloaded for free at [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com)

## Everyday STRETCHES

**With all stretches:** No bouncing, remember to breathe, hold each stretch for about 30-60 seconds, and stretch to a point you feel tight but not painful.

### Chest Stretch

- Stand tall, feet slightly wider than shoulder width, arms slightly bent.
- Roll your arms out to the side parallel with the ground and the palms facing forward.
- Stretch the arms back as far as possible.
- You should feel the stretch across your chest.

### Biceps Stretch

- Stand tall, feet slightly wider than shoulder width, arms slightly bent.
- Roll your arms out to the side parallel with the ground and the palms facing forward.
- Rotate the hands so the palms face to the rear.
- Stretch the arms back as far as possible.
- You should feel the stretch across your chest and in the biceps.

### Upper Back Stretch

- Stand tall, feet slightly wider than shoulder width, arms slightly bent.
- Arch your upper back and push your hands as far away from your chest as possible, allowing your upper back to relax.
- You should feel the stretch between your shoulder blades.

### Shoulder Stretch

- Stand tall, feet slightly wider than shoulder width, arms slightly bent.
- Place your right arm parallel with the ground across the back of your chest.
- Place the left arm up and use the left forearm to ease the right arm closer to your chest.
- You should feel the stretch in the shoulder.
- Repeat with the other arm.

### Calf Stretch

- Stand tall with one leg in front of the other, heels flat and shoulder height against a wall.
- Lean your back leg further away from the wall keeping it straight and press the heel back into the floor.
- You should feel the stretch in the calf of the rear leg.
- Repeat with the other leg.

### Shoulder and Triceps Stretch

- Stand tall, feet slightly wider than shoulder width, arms slightly bent.
- Place both hands above your head and then slide both feet back from the wall at the same time.
- You should feel the stretch in the shoulder and the triceps.

### Side Bends

- Stand tall, feet slightly wider than shoulder width, arms slightly bent, knees resting on the hip.
- Lean slightly to the left, straight back to the vertical position and then bend to the other side.
- You should feel the stretch on the shoulder and the hips.

### Hip and Thigh Stretch

- Stand tall with your feet approximately two shoulder widths apart.
- Turn the feet and toes to the right.
- Lean the right leg so that the right thigh is parallel with the ground and right kneeing in vertical.
- Stretch the right leg.
- Keep your back straight and use your arms to balance.
- You should feel the stretch along the front of the left thigh and along the hamstring of the right leg.
- Repeat by turning and leaning to the left.

## Do You Get 30 Minutes of Moderate Physical Activity Every Day?

### IT IS EASY & SIMPLE

EXAMPLES OF MODERATE AMOUNTS OF PHYSICAL ACTIVITY

Washing & Waxing a Car (45-60 minutes) • Washing Windows or Floors (45-60 minutes) • Gardening (30-45 minutes) • Wheeling Self in Wheelchair (30-40 minutes) • Pushing a Stroller (1.5 miles in 30 minutes) • Raking Leaves (30 minutes) • Walking (15 minutes/mile) • Shoveling Snow (15 minutes) • Stairwalking (15 minutes) • Playing Volleyball (45 minutes) • Playing Touch Football (30-45 minutes) • Basketball (Shooting) (30 minutes) • Bicycling (5 miles/30 minutes) • Dancing Fast (Socals) (30 minutes) • Water Aerobics (30 minutes) • Swimming Laps (20 minutes) • Basketball (Playing Game) (15-20 minutes) • Jumping Rope (15 minutes) • Running (10 minutes/mile) • Wheelchair Basketball (20 minutes)



## 12-Week Guide to Healthy Walking

There are 1440 minutes in every day... Schedule 30 of them for physical activity.

Week	Minimum Days	Warm Up	Push	Cool Down	Total Time
1	3	5 min slow	5 min brisk	5 min slow	15 min
2	3	5 min slow	7 min brisk	5 min slow	17 min
3	3	5 min slow	9 min brisk	5 min slow	19 min
4	3	5 min slow	11 min brisk	5 min slow	21 min
5	4	5 min slow	13 min brisk	5 min slow	23 min
6	4	5 min slow	15 min brisk	5 min slow	25 min
7	4	5 min slow	18 min brisk	5 min slow	28 min
8	4	5 min slow	20 min brisk	5 min slow	30 min
9	5	5 min slow	20 min brisk	5 min slow	30 min
10	5	5 min slow	20 min brisk	5 min slow	30 min
11	5	5 min slow	20 min brisk	5 min slow	30 min
12	5	5 min slow	20 min brisk	5 min slow	30 min



## SMART TIPS FOR Moving More

BEEN INACTIVE FOR A WHILE?

- Start out slowly • Choose moderate-intensity activities you enjoy the most • Build up time spent doing the activity gradually • Vary your activities, for interest and range of benefits • Explore new physical activities • Reward and acknowledge your efforts

### IT'S SUMMER

- Drink lots of water before, during and after physical activity.
- Wear loose, lightweight and light-colored clothing.
- Choose a cooler time of the day, early morning or evening.
- Allow yourself plenty of cool down time.
- Wear sunscreen and sunglasses to protect from sun.
- Exercise indoors if temperature and humidity are very high.

### IT'S WINTER

- Drink in layers so that you can continue or put back on as needed.
- Wear a hat to regulate the body heat lost from the head.
- Wear gloves or mittens to keep your hands warm.
- Wear comfortable shoes with a good traction.
- Drink plenty of water before, during and after exercise.
- Wear sunscreen and sunglasses to protect from damaging rays reflected by snow.



## Why Move More?

There are some serious benefits to moving more and increasing your daily physical activity at work. Moderate amounts of physical activity can greatly improve health and quality of life.

- Nervous System**
  - Improves concentration, creativity and performance
  - Reduces stress, anxiety and frustration
- Bones**
  - Strengthens bones and improves muscle strength and endurance
  - Makes joints more flexible, allowing for easier movement
  - Reduces back pain by improving flexibility and posture
  - Reduces the risk of osteoporosis and fractures
- Heart**
  - Reduces the risk of developing heart disease and stroke
- Blood**
  - Improves blood circulation to all body parts
  - Helps to lower bad (LDL) cholesterol and raise good (HDL) cholesterol
  - Helps to lower high blood pressure and prevent high blood pressure from occurring
- Digestive System**
  - Helps control appetite
  - Improves digestion and waste removal
- Lungs**
  - Slows the rate of decline in lung function
  - Improves body's ability to use oxygen
- Others**
  - Reduces the risk of developing diabetes and some cancers
  - Helps to maintain a healthy body weight
  - Improves self-image and sense of well-being
  - Improves the immune system
  - Helps to sleep well and feel more rested



## Physical Activity PYRAMID

Teaming Up with Good Nutrition

It tells you: Physical activity is an essential part of every day.

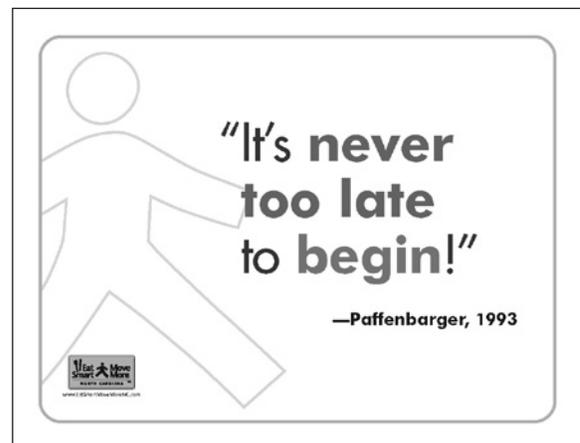
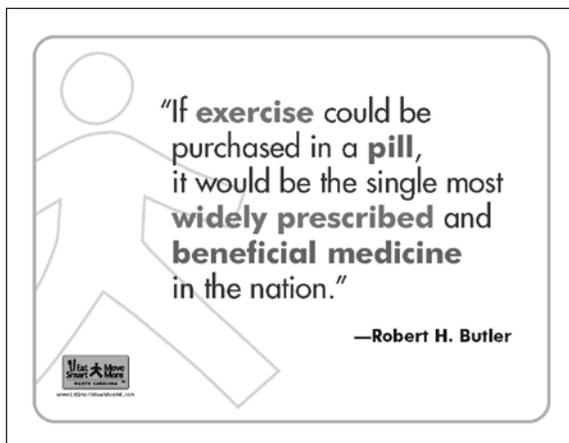
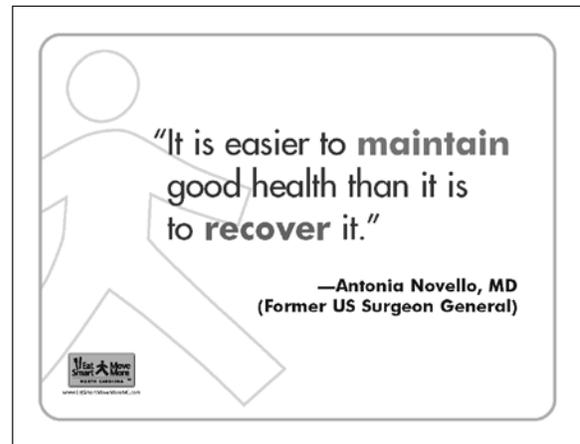
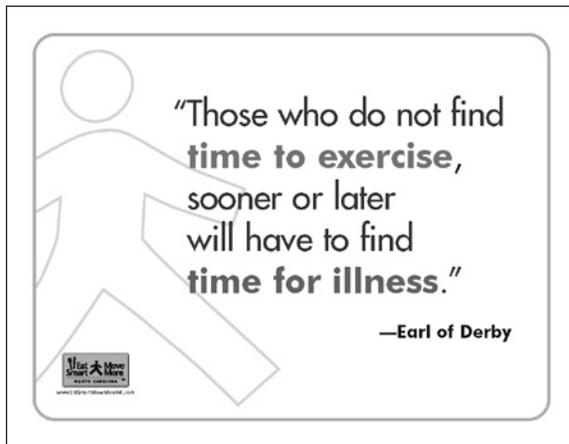
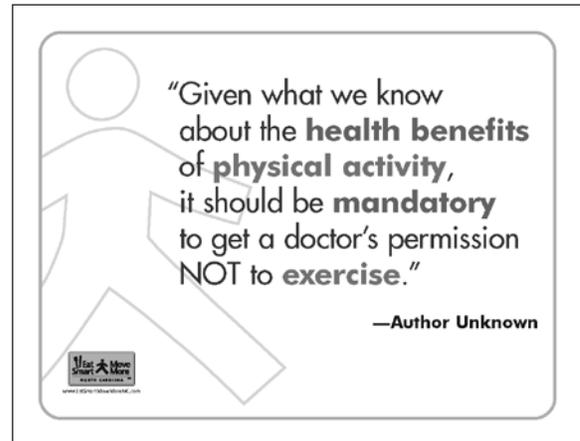
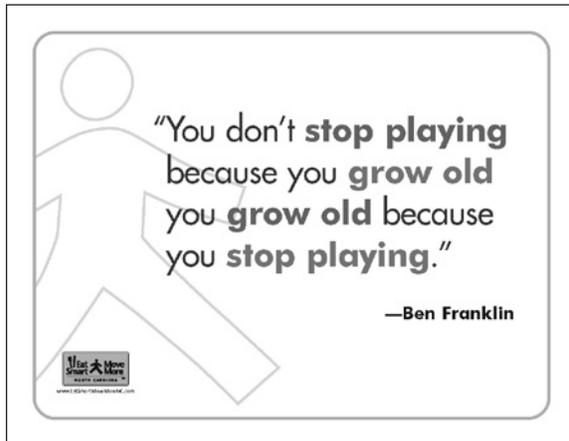


Regardless of your fitness level, there is a physical activity just right for you. The most exciting part of your day can be participating in a physical activity. Use the pyramid choices to help you get started.



## Appendix C. Physical Activity Quotes

The following quotes can be downloaded for free at [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com)



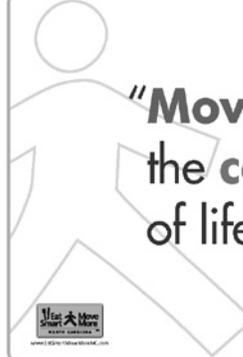


"I have two doctors—  
my **left leg**  
and my **right leg.**"

—George Trevelyan



www.1826.org

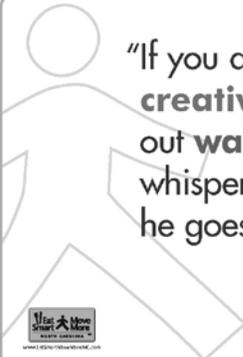


"**Movement** is  
the **celebration**  
of life."

—John Selland



www.1826.org

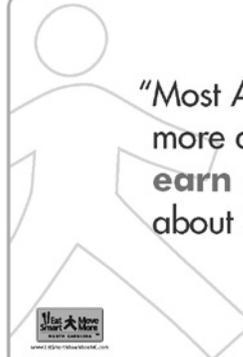


"If you are seeking  
**creative ideas**, go  
out **walking**. Angels  
whisper to a man when  
he goes for a walk."

—Raymond Inmon



www.1826.org



"Most Americans know  
more about **how to**  
**earn a living** than  
about **how to live.**"

—Thomas Jefferson



www.1826.org

## Appendix D. Ideas for Physical Activity Breaks in Meetings

# Ideas for Physical Activity Breaks in Meetings

*Benjamin Franklin once said, "You don't stop playing because you grow old, you grow old because you stop playing."*

The following are sample ideas for physical activity breaks. Some of them are taken directly from improvisational theater exercises. Activities are limited only by your own creativity (and safety concerns). Mix and match motions with movement ideas or come up with your own. There is no right or wrong way to have physical activity breaks; however, you should be aware of the needs of persons with disabilities. For example, you can ask folks

to "stand up or roll back" to begin an activity. Share your ideas, be willing to pretend you are visiting a kindergarten class, and have fun!

### Potential Motions

balance	chew	go	pinch	rotate	skip	tap
bend	clap	hit	pirouette	ride	slide	throw
blow	climb	hop	poke	run	slip	turn
bounce	clog	jump	pop	sashay	slither	walk
brush	cycle	kick	press	serve	spin	wave
build	dance	levitate	pull	shuffle	swagger	wiggle
bump	float	lift	push	skate	swim	wipe
catch	fix	paint	roll	ski	swing	write

### Movement Ideas

Can you:

- ... pounce like a tiger
- ... balance on a high wire
- ... climb a rope
- ... swagger like a cowboy
- ... swim the butterfly
- ... clog like you're on stage
- ... paint the fence
- ... wax the car
- ... shuffle like you just got out of bed
- ... float in the waves at the beach
- ... balance a ball like a seal
- ... wiggle like an inch worm
- ... push the donkey up the hill
- ... shuffle like you just got out of bed
- ... stretch like you're a giraffe

Can you pretend you're an elephant

- ... a cat
- ... a snake
- ... a bull frog

Can you be

- ... a lumberjack
- ... a fireman

Can you pretend you are

- ... a ball
- ... a flower

Can you give 4 people high five

Can you giggle like it's your birthday

Can you sit down like it's time for school



# Moving More Break Suggestions

## *Adaptations*

Adaptations can be made to the moving more activities. If participants cannot stand up, they can do the activities while seated. Before every moving more break, remind participants to move only in ways they feel comfortable. If something does not feel comfortable, they should not do it. Encourage them to do a movement that feels good in place of the one that feels uncomfortable.

## **1. UPPER BODY STRETCH**

Sit up tall in your chair, or stand up. Stretch your arms overhead and lace your fingers together, turn the palms to the ceiling. Breathe out and stretch to the right. Take a deep breath in and come up to the center. Breathe out and stretch to the left. Place your arms back at your side. Take a deep breath in and lift your shoulders up to your ears. Breathe out and let shoulders drop. Repeat 3 times.

Put your hands behind your lower back and lace your fingers together, stretch your shoulders back, open your chest, keep your head in the center and look straight ahead. Relax.

## **2. NAME THE HEALTHY CHOICES AT YOUR FAVORITE RESTAURANT**

Find a partner. Walk around the room sharing with your partner the name of your favorite restaurant and as many healthy choices from the menu as you can think of.

Do this for about one minute. Now switch so that your partner can share about his or her favorite restaurants. Be sure to keep moving the entire time.

**Leader Note:** You can change the topic of discussion to match the information presented in the lesson being taught. For example, participants can recite favorite scriptures, quotes, or inspirational passages from the week's lesson.

## **3. NECK AND SHOULDER RELAXER**

Turn your head to look over your right shoulder. Run chin down and across the chest to look over your left shoulder and return along the same path. Turn to the left and repeat on the other side. Slowly roll both shoulders backwards in large circles. Do four full circles. Place your hands on your shoulders and make large circles backwards with the elbows. Do four full circles.

## **4. SHOULDER AND ARM STRETCHES**

With your arms at your side, gently shrug your shoulders. Hold them up for the count of 15, then release them slowly. Now bend your elbows and gently press your shoulder blades together for the count of 15. Next, with your thumbs near your armpits, slowly lift and lower your elbow making "chicken wings" 15 times. Try not to raise your shoulders while you do this. With one arm held straight out in front of you, flex your hand like a policeman signaling "stop." Alternate arms ten times. You will feel each shoulder blade move. Now hold both arms straight out in front of you. Make circles with both wrists for a count of ten. Now wave to the person on your right and wave to the person on your left.

## 5. NECK STRETCHES AND SHOULDER ROLLS

Lean your head to the right to give your neck a good stretch. Hold this for a count of 15. Now bring your head back to center. Now lean to your head to the left and give your neck a good stretch the other direction. Hold this for a count of 15. Repeat, then bring your head back to the center.

Now point your eyes upward, then to the right, then down, then to the left (as if looking at the 12, 3, 6, and 9 positions on a clock). Make these slow stretches for each direction. Now left for a count of 15, now down for 15 and finally right for 15.

Shrug your shoulders toward your ears. Hold for a count of 5. Release. Repeat two more times. Roll your shoulders forward for a count of 15 and now roll your shoulders back for a count of 15.

## 6. LOWER BODY IN MOTION

Sit up tall in your chair, feet flat on the floor. Keep seated, lift your heels off the floor then put them back down. Repeat 5 times. Lift your right leg out straight in front of you, slowly point your foot (toes toward the ground) and hold for 10-15 seconds, and flex your foot (toes toward the ceiling) and hold for 10-15 seconds. Rotate the ankle in a circle to the right, repeat several times, then rotate the ankle to the left several time. Put the right foot on the floor, lift the left leg and repeat.

## 7. WHAT IS YOUR FAVORITE ACTIVITY?

Start by acting out a physical activity you enjoy, like swimming. Act like you are swimming while saying, "I enjoy swimming." The whole group also acts like they are swimming. Then call on a participant, "Mary, what physical activity do you enjoy?" and Mary replies by saying and acting out her favorite activity. For example, "My favorite activity is canoeing," and she acts as if she is canoeing. The whole group acts as if they are canoeing. Everyone should continue with the current activity until the next activity is called out, then they switch to the new activity. This continues until all the participants have had a chance to share an activity. If you have a small group, you may want to go around the group two times. Encourage the group to be creative and have fun!

## 8. TORSO TWIST

Sit up tall, hands on your thighs. Take a deep breath in and exhale. Slowly turn your body to the right, placing your right hand on your hip and your left hand on the side of your thigh. Hold for 15-30 seconds. Slowly turn back to front. Lift your arms up in front, straight ahead of you, bring your finger tips together, gently push forward through your shoulder blades. Hold for 15-30 seconds. Bring your arms back down. Take a deep breath in and exhale. Slowly turn to the left side, placing your left hand on your hip and your right hand on the outside of your thigh. Hold for 15 to 30 seconds. Turn back to the front. Lift your arms up in front, straight ahead of you, bringing your finger tips together, gently push forward through your shoulder blades. Hold for 15-30 seconds. Bring your arms back down. Take a deep breath in, exhale.

## 9. NAME GAME

Ask each person to think of an action that starts with the same letter as his or her name, such as "Jumping James." The person does the action and calls out his or her action-name. Everyone then repeats the action and the action-name. Continue until everyone has a chance to say his or her name. You can go around again and make it faster, if you choose. For participants who say, "I can't think of anything," say "Keep thinking, we'll come back to you." If they still don't come up with anything, ask the group to help.

(From <http://wilderdom.com/games/descriptions/NamePantomime.html>)

## 10. DANCE FEVER

Call out a type of dance or dance move and the participants do the move. Perform each dance move for 1-3 minutes before calling out the next one. Below are some examples:

- The Swim
- The Hand Jive
- The Twist
- Staying Alive

Ask the participants to call out favorite dance while everyone acts it out. If participants cannot stand, all of the moves can be done seated.

## 11. MOVIN' ALL AROUND

Perform each of these activities for approximately one minute. The order of the activities may be varied. After you go through each of the activities, ask the participants which movement was their favorite and repeat it and/or ask them which one they would like to finish with.

- March in place.
- Alternate heel taps. Alternate heel taps by moving the right foot in front of your body and placing the heel of the right foot on the ground. Bring the right foot back and move the left foot forward. At the same time, alternate bending arms at the elbow, like you are doing biceps curls. When the left leg is out, the right arm will be curled up, when the right leg is out, the left arm will be curled up.
- Step side to side. Bend arms at the elbow (starting position for a lateral raise for shoulder) as you step one leg out to the side, bring arms up to shoulder level (as if you were doing a lateral raise for shoulders), as you bring your feet together, bring your arms back close to your body (starting position for a lateral raise for shoulder).

**Leader Note:** The leg movements can be done while seated. Using arms is optional. Participants can either place their hands on their hips or do what is natural to them. If they use their arms, they will feel their heart rate increase more. If they place their hands on their hips, their heart rate will not increase as much as it would if they were using their arms.

## 12. DANCE THE NIGHT AWAY

Bring in music for popular group dance song and let the group dance. Below are some suggestions. Use any fun song the group might enjoy. If appropriate for your faith community, bring religious or spiritual music for this activity. You can ask participants to provide their favorite hymns, worship music, or religious songs for this activity.

- Macarena
- The Twist
- Electric Slide
- Boot Scootin' Boogie
- YMCA
- Achy Breaky Heart
- Twist and Shout

## 13. BEACH VOLLEYBALL

Pretend to pass out several imaginary beach balls. "Hand" them out to folks to get them started. Have participants pretend to hit them around the room. Encourage participants to "hit" the balls in a variety of ways. For example, they can hit them with one hand, with two hands, spike, get down low, to the side, the front, etc. Encourage participants to have fun!

**Leader Note:** You can use other imaginary games such as soccer, basketball or tennis.

## 14. MR. ED'S SCHOOL OF COUNTING

Each hand clap counts as 1. Each foot stomp (or knee slap) counts as 10. Can you count to 4? Can you count to 32? What is  $5 \times 7$ ? What is  $144 \div 12$ ? Great job, give yourself 4!

You can also incorporate information from the lessons—how many minutes of physical activity do adults need for good health? How many minutes of physical activity do children need?

## 15. TAKE A WALK

Lead participants on a 10-15 minute walk. Choose a safe, accessible location inside the building, outside around the building or in a surrounding neighborhood. Instruct participants to wear comfortable shoes, walk at their own pace and only go as far as they feel comfortable. Make sure everyone knows the route and allow for different paces. If walking outside and participants will not be in view of each other, create “walking buddies,” so that no one is walking alone.

**Leader Note:** Before leading the group on a walk outdoors, evaluate the safety and accessibility of a potential walking route by using a walkability checklist. Checklists can be found on the Eat Smart Move More North Carolina Web site, [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com). If possible, carry a cell phone with you in case of an emergency.





*Through state and local partners, Faithful Families Eating Smart and Moving More promotes personal, policy and environmental changes to support good health.*



# What is Faithful Families?

## FAITHFUL FAMILIES EATING SMART AND MOVING MORE (FFESMM):

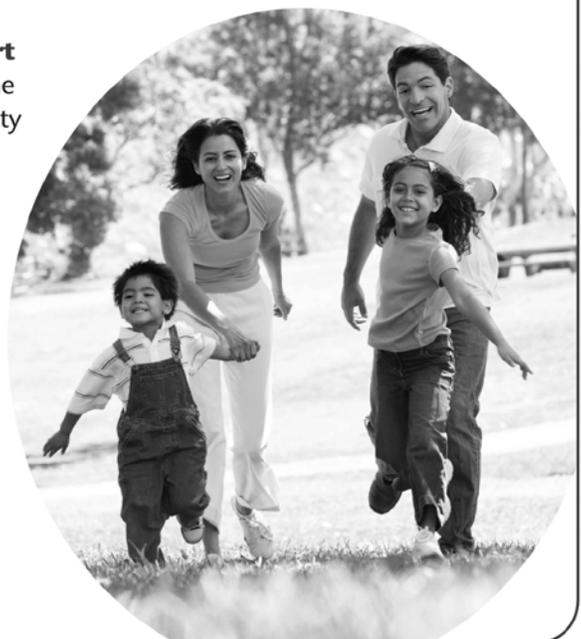
- Is available and appropriate for any faith community
- Serves as a link between the faith community and local resources
- Is conducted by trained nutrition and physical activity educators
- Is co-taught by trained lay leaders from each faith community
- Encourages the faith community to adopt policy and environmental changes that promote better health
- Empowers the faith community members to make health-improving life changes for better health

## FFESMM IS SUCCESSFUL:

- FFESMM lessons taught in various faith communities have resulted in individual behavior changes.
- Many policy and environmental changes that promote healthy eating and physical activity have been instituted or "put into place."
- Trained lay leaders have become health ambassadors in their faith communities, their families and their communities.

**Faithful Families Eating Smart and Moving More** addresses the problem of overweight and obesity by promoting healthy eating and physical activity through implementation of research-based policies, programs and environmental changes. Faith communities that participate in FFESMM will:

1. Offer one FFESMM class with nine sessions
2. Implement one policy change and
3. Implement one environmental change





*Faithful Families Eating Smart and Moving More offers families simple solutions to help them eat smart and move more. Eating smart and moving more does not have to be difficult. Faithful Families Eating Smart and Moving More provides families with the skills to be able to eat more meals at home, and move more in their everyday routine.*



*Faithful Families Eating Smart and Moving More includes a Lay Leader Training Guide and nine lessons.*

## LAY LEADER TRAINING GUIDE

This training guide provides an overview of the vital role of lay leaders in Faithful Families. Lay leaders are vital to the success of the program. Lay leaders are trained to promote the program, co-teach the curriculum, act as liaisons between the health educator and the faith community leaders, promote individual and organizational change related to healthy eating and physical activity, and connect their faith communities to local resources.

## EATING SMART AT HOME

Simple solutions for planning, shopping, fixing, and eating more meals at home. Families who eat together at home eat more fruits and vegetables and less fat. Eating at home as a family is a great way to begin to eat smart.

## EATING SMART ON THE RUN

Eating out can mean large portion sizes and too many soft drinks. *Eating Smart on the Run* provides families skills to choose beverages wisely when eating away from home.

## MOVING MORE, EVERY DAY, EVERYWHERE

Building physical activity into the day doesn't require special equipment or a special place. Families learn ways to take advantage of everyday opportunities like taking the stairs and parking farther away. Moving more can also be a fun family event like a trip to a park or a walk after dinner. Every step counts toward the recommended 30 minutes for adults and 60 minutes for children per day.

## FAITH AND HEALTH CONNECTION

Promoting the connection between faith and health is important to the success of Faithful Families. Families begin to consider how their physical health is connected to the faith they live out daily. Participants and lay leaders, in promoting the adoption of policy and environmental changes, will lead the faith community to promote nutrition and physical activity through its practices.

Through participation in Faithful Families Eating Smart and Moving More program, it is our goal to provide families in faith communities with the skills needed to eat healthier foods and be physically active. You will find resources, programs and tools on the Eat Smart, Move More... North Carolina website that can help you to promote healthy eating and physical activity in your place of worship.

Visit [www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com) today!

