

### ☞ Section 3: Assessment – Opportunities for Everyone ☞

Please answer the following questions and then give some ideas for how you could reach everyone in your church.

1. Are there regular **physical activity opportunities** before, during, or after service or church events (or church meetings) that **reach all members** of your church?

- Yes** (our church has physical activity opportunities that reach all members of the church)
- Room for improvement** (there are some opportunities, but they reach a small number of people)
- No**

If you answered “no” or “room for improvement,” look back to your church calendar on pages 7-8. Where can you build in a physical activity break? What events can you include physical activity before or after?



Here are a few ideas:

- Offer **physical activity before, during, or after service** (e.g., Meet & Greet, Praise & Worship, stretching to organ music, active songs like “Lift Jesus Higher”)
- Include physical activity in **Board meetings and other church meetings** (e.g., use the 10-min physical activity CD provided during training, take a walk)
- Include physical activity in (or before or after) **church events**, such as picnics, meals, choir practice, Bible study
- Other:



If you answered “yes,” do you think there is anything more your church could add? If so, consider adding physical activity to one more church event. Use the table on the next page.

*“Greater is He that is in you, than he that is in the world” I John 4:4 (King James Version)*

*“For we are the temple of the living God” II Corinthians 6:16 (NIV)*

## Physical Activity Opportunities for Everyone

Event	How Often?	When?	Who attends?	How many attend?	Are breaks taken? (If yes, please check)	How can you add physical activity to this event?
					<input type="checkbox"/>	
					<input type="checkbox"/>	
					<input type="checkbox"/>	

Take a look at the list above. Will you reach almost everyone in your church? If not, please consider additional or different ways you can reach everyone.

**Remember: The goal is for most church members to become physically active at a moderate intensity (e.g., brisk walking) for 30 minutes per day, at least five days per week.**

2. Are **healthy foods** (fruits, vegetables, whole grain foods, reduced fat and low sodium foods) **regularly available** to all church members at church functions that include food?

- Yes** (fruits, vegetables, whole grains, reduced fat, and low sodium foods are available at all church functions that include food)
- Room for improvement** (healthy foods are available at some but not all church functions that include food or some but not all of these healthy foods are offered)
- No**



If you answered “no” or “room for improvement,” look back to your church calendar on pages 7-8. Where can you add healthy food options to events that include meals or snacks? Could less healthy options be replaced with healthier options? You will need to work closely with your cooks or kitchen staff to plan changes.

Here are a few ideas:



- Use **menu plans** to offer healthy meals after meetings, funerals, and other church functions
- Serve **healthy snacks** after exercise
- Grow **fruits and vegetables & herb gardens**
- Host **farmer’s markets** at church to showcase local produce
- Have **centerpieces** at church meals made of fruit for members to share and eat
- Use **church vans** to help older church members or those without transportation get to the grocery store to purchase fresh foods
- Hold **fruit sales** as fund raisers
- Other:

If you answered “yes,” do you think there is anything more your church could add? If so, consider including healthy foods into one more church event.

*“Then God said, I give you every seed-bearing plant on the face of the whole earth and every tree that has fruit with seed in it. They will be yours for food.”*

*Genesis 1:29 (NIV)*

### Healthy Food Opportunities for Everyone

Event	How Often?	When?	Who attends?	How many attend?	Is food served? (if so, please check)	How can you add healthy food choices?
					<input type="checkbox"/>	
					<input type="checkbox"/>	
					<input type="checkbox"/>	

**Remember the goal is for most church members to:**

- Eat **2 cups of fruit and 2 ½ cups of vegetables** each day
- Eat more **whole grain foods** (e.g., whole wheat bread instead of white bread, brown rice and pasta instead of white rice and pasta)
- Eat **less fat**, especially saturated fat
- Eat **less sodium** (salt)

**3. Are there regular physical activity programs or access to physical activity at your church (e.g., walking groups, exercise to videotape, aerobic class, exercise equipment, etc) for all church members?**

- Yes** (our church offers at least one physical activity program that reaches the majority of the church)
- Room for improvement** (our church offers at least one physical activity program, but it is not attended by very many people)
- No**



If you answered “no” or “room for improvement,” what type of physical activity program do you think would appeal to your church? Make sure you think about all **adult age groups** (from younger to older adults), both **men and women**, and ways to **involve youth** in the programs (as a way to also get parents and grandparents to come)?

If you answered “yes,” do most members of your church take part? If not, consider adding another program or making changes to an existing program.

Here are some ideas:

- Offer **physical activity programs** at the church (e.g., group walks, exercise to videotape, aerobic class)
- Offer **teams (leagues)** or groups such as bowling, basketball, etc.
- Have a **church garden** and involve members in planting and harvest
- Provide **exercise equipment** at churches (e.g., treadmills, bicycles)
- Other:



Use the table below to list **one or two programs** you would like to offer at your church.

**Church Access to Physical Activity**

Physical activity program	Can you connect it to a church event? (if so, list the event)	What age group will this program reach?	Does the program appeal to men and/or women?	Does the program involve youth (leading or participating)? (If yes, please check)
				<input type="checkbox"/>
				<input type="checkbox"/>
				<input type="checkbox"/>

Review your choices and make sure that **most people in your church** will participate. If some groups are not included (e.g., older adults), consider adding a program(s) for that group.

**Remember: The goal is for most church members to become physically active at a moderate intensity (e.g., brisk walking) for 30 minutes per day, at least five days per week.**

