

Ideas for Your FAN Kick-Off Event



Goal:

Plan a special event that will get everyone in your church excited about FAN. The kick-off event should “launch” the FAN program in your church. Help members learn the main goals of FAN and why FAN is important.

Here are some suggestions for planning your kick-off:

- Decide on a date and time—schedule the kick-off event soon after your training, within a month is recommended.
- Select a Sunday when most people are attending church service or another event at your church.
- Announce the date and time of the kick-off event a couple of Sundays before the event.
- Display a count down poster indicating, “5, 4, 3... days to the start of FAN Kick-off”.
- Post signs in prominent areas that announce the kick-off activity’s date and time.
- Plan for bad weather or situations that might interfere with your activities and have an alternate date decided upon.
- Identify who will help with this event.
- Set up a place where you can invite people to meet to gather more information and/or ask questions after the kick-off activity.
- You may want to document the activity by taking pictures; this is another opportunity to include someone in your church to assist with the event.
- Have your pastor extend a special invitation to you to present the FAN program and its activities.



Kick-off activities could include:

- Having your pastor prepare a sermon that ties healthy living to scripture.
- Inviting motivational speakers to speak to your congregation. Consider members of your own congregation. For example, you could have someone share his or her success story of how healthy eating and physical activity have helped his or her health improve in some way. You may even want to invite local officials.
- Demonstrating how to safely start an exercise program (see *PAR-Q* document in your training manual) and what the FAN goals are for exercise.
- Showing members the incentives that will be given to those that participate in future activities.
- Playing the “Gospel Lift-off” CD provided at the training and inviting members to join-in. Other sources of music could be used such as organ music, choir singing, or recordings from other familiar vendors.
- Using the hand fan to engage members in waving the fan in the air and reading the goals of the FAN program.
- Conducting a “know your health bowl” and rewarding those with a correct answer with a FAN cup or other incentive.
- Performing a skit about the healthy eating and physical activity goals.
- Prompting members to stand spontaneously and ask prepared questions of you about FAN, “What is FAN, Why is FAN important, Who is FAN for, What are the goals of FAN, When does FAN Start, How do members participate?”
- Giving members a bag with different fruits and vegetables.
- Inviting the church cook or lead kitchen staff to provide demonstrations of healthy snacks or meals immediately after the kick-off event.

