



An Overview of the FAN Kick-off Event

Your kick-off event is very important to the success of the FAN program at your church. The kick-off activities:

- help members learn about the FAN program
- peak members' interest in the program and activities of FAN
- get members excited about the FAN program and its activities over the next 15 months

FAN is for every member in your church. Try to plan your activities at a time when most members are present.

Each church is uniquely different; therefore your own FAN committee is best able to plan activities that are suitable for the culture of your church. However, here are some guidelines that you might find useful in your planning.

Before you share FAN with the general body, ask to meet with the official board of the church to discuss the program with the church leaders and give them a preview of the kick-off activity. Involving these church leaders will help to get their support and buy-in. Their advance knowledge of the event could influence their participation in a positive way and might result in other church members being more receptive. This step could make your presentation at the kick-off event easier.

Guidelines:

Share an overview of FAN:

Give each member a FAN bookmark (enclosed) and other information you received from the FAN training that you think might be helpful.

Share the FAN Goals:

Each activity should be geared toward helping members take steps toward reaching these goals.





Share the FAN incentives:

FAN incentives are used to help motivate people to get involved in program activities and events. For example, school cheerleaders give out t-shirts to a crowd of sports fans to get them excited about a game and to support their team. Get your church excited about FAN! Please see the *Incentive Guidelines* included in your training manual.

Involve your Pastor:

Your pastor plays a key role as church leader and role model. By showing his or her support and empowering you to be a key part of the health ministry, your job will be made easier.

Involve your youth:

Involving your youth will make FAN more exciting and will help to win the hearts of those who may not otherwise be interested. This involvement will also help the youth develop healthier lifestyles to keep them healthier and more vibrant in the church.

Involve your Cook:

Healthy eating is part of the FAN program. Consider including a taste-test, providing fruits and vegetables, or having a cooking demonstration. Everyone likes to taste food!

Involve other members of your church:

Having members from a cross section of the church (a member from each organization or ministry) will help to ensure that the messages of FAN are delivered to more members in the church. Members will also see that the program is open to everyone in the church.

