

Dear FAN Committee Members,

Welcome to **Month 3** of FAN. This month we focus on **goal setting for physical activity**.

**FAN Goal of the month:** Be physically active at a moderate intensity (e.g., brisk walking) for 30 minutes per day, at least 5 days per week.

According to the American Heart Association: 1 out of every 3 Americans has high blood pressure, and rates are higher and more severe among African Americans (2007).

Last month we spoke about lowering blood pressure with eating habits.

It is important to know that regular physical activity can also help control blood pressure.

### ***What is High Blood Pressure?***

**A:** Blood pressure is the force at which blood flows and pushes against the walls of your veins. Imagine water going through a garden hose. The more you turn on the water, the higher the water pressure in the hose. The same thing happens in our veins.

High blood pressure is bad for the heart because it makes the heart work harder than it should. Most people do not know they have high blood pressure until other problems occur, like stroke or heart attack. The only way to know your status before problems arise is to have your health provider check your blood pressure. Help control blood pressure now with physical activity! Don't wait for heart and kidney disease to set in.

***Why is physical activity important?*** Because regular physical activity can help...

- control blood fats that block arteries
- lower blood pressure
- control diabetes and obesity
- increase flexibility, strength, weight control and energy

Your church members may not be regularly active. This is okay. Making time for physical activity is not always easy. Help members reap healthy rewards by setting personal goals.

### **Personal Goal Setting**

Change takes discipline. But if you keep track of what you do, increase little by little, and find solutions when you run into problems, you can reward yourself for job well done.

**This month's Pastor Activity is goal setting for physical activity.** For 1 week, pastors are asked to write short term goals for physical activity on notepads and post these goals in places they often look (mirrors, refrigerator, etc). Try this activity with your goal setting worksheets ([enclosed](#)). How can you use these tools to teach your church members? Change can be easy in small and simple steps.

**Start low and go slow.** A goal of 5 minutes of physical activity each day (today), can soon become 10 minutes of daily physical activity (next week).

**Be a FAN for your health: Increase your faith, be more physically active, and eat more fruits and vegetables!**



## FAN Committee Monthly

The key to making successful changes is to start low and go slow.

### This Month:

**Handouts.** *Please make sure your church members receive these materials.*

- **Bulletin insert.** Place this insert inside your church program. Make an announcement about it during service. This month's topic is goal setting for a healthy lifestyle.
- **High Blood Pressure: Mission Possible.** This handout can help show members what high blood pressure is and why it is important in the African American community. The second page also provides a list of tips to help prevent high blood pressure. Don't forget to notice that #2, 3, and 5 are FAN goals.

Two **Resource Updates.** *These can be used as handouts, teaching tool for announcements, and/or poster material for your bulletin board.*

- **Keep Track of Health Goals with FAN (goal-setting worksheet).** This worksheet can help your church reach health goals in small steps that work toward individual long-term goals. Keeping track of healthy habits helps us reach long term health success.
- **FAN Goal Setting Calendar.** This is another tool to keep track of health goals. Each week write in your faith, physical activity and healthy eating goals. Mark (circle, check off, etc) each day of the week that you meet your goals.

**Cooks' Tools.** Try the [recipe of the month](#) at church and enjoy this message from Clemson chefs.

- Don't forget to include your cooks at FAN meetings and events.
- This month there are two recipes. One comes straight from our FAN kitchen from FAN Cooks and Rev. Jeanette Jordan (Planning Committee member).

### Activity.

Keep track of reminders for church, work, and daily health goals too!

For at least 1 week, Pastor's mission is to write short term goals for physical activity and post them in personally visible places because meeting small, short term goals help us get to long term health success.

Challenge and encourage church members to do the same! Change can be easy in small and simple term steps. Make your goals known so you will know what to do in order to achieve them.

May you *"prosper in all things and be in health, just as your soul prospers"*  
*III John 1:2 (New King James Version)*



## Keep Track of Health Goals with FAN

Goal setting is a powerful exercise. When you write down your plans, they have a way of becoming a reality. This goal-setting worksheet will help you define what's important to you.

**What's most important to you?**

List 2 **health and fitness** goals:

1. \_\_\_\_\_
2. \_\_\_\_\_

List 2 **spiritual** goals:

1. \_\_\_\_\_
2. \_\_\_\_\_

**What could get in your way?**

List some problems that could get in they way of your *health/fitness* and *spiritual* goals:

1. \_\_\_\_\_
2. \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_

**What actions do you take to meet your goals?**

List some ways you can overcome these problems (above):

1. \_\_\_\_\_
2. \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_

**Who can help you?**

List family members, friends and church members who can help you meet your goals:

1. \_\_\_\_\_
2. \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_

***“Commit to the LORD whatever you do, and your plans will succeed ”***  
**Proverbs 16:3 (NIV)**

Based on answers above, what are your long-term and short-term goals? Long-term goals are future goals that you might hope to reach within 1-5 years. Short-term goals are more immediate, like every day goals or goals you might reach within 3-6 months. Reaching short term goals helps you get to long term success.

**Long-Term Goals (1-5 years):**

---

---

---

---

**Short-Term Goals (3-6 months):**

---

---

---

---

**Examples of Short-Term Goals are listed below. Use these to create your own.**

**Health and Fitness Goals**

1. Be physically active for 30 minutes every day.
2. Eat 5 cups of fruits and vegetables today.
3. Walk 10,000 steps today.

**Spiritual Goals**

1. Set aside time to pray about achieving your health goals.
2. Encourage church members to increase spiritual and physical wellness with you.
3. Work with your FAN/health committee to increase spirituality in church health messages.

## Pastor Activity Packs

### MISSION 3: Goal Setting

**FAN Goal of the month:** *Set realistic goals* so you can be physically active at a moderate intensity (e.g., brisk walking) for 30 minutes a day, at least 5 days each week.

Did you know that 1 out of 3 Americans has high blood pressure? (AHA, 2007)  
Last month we spoke about lowering blood pressure with eating habits. It is important to know that regular physical activity can also help control blood pressure.

#### *What is High Blood Pressure?*

Blood pressure is the force at which blood flows and pushes against the walls of your veins. Imagine water going through a garden hose. The more you turn on the water, the higher the water pressure in the hose. The same thing happens in our veins.

High blood pressure is bad for the heart because it makes the heart work harder than it should. Most people do not know they have high blood pressure until other problems occur, like stroke or heart attack. The only way to know your status before problems arise is to have your health provider check your blood pressure. Help control blood pressure now with physical activity!

#### **Facts:**

Regular physical activity can help...

- Control blood fats that block arteries
- Lower blood pressure
- Control diabetes and obesity
- Increase flexibility, strength, weight control & energy

#### **Activity:**

Enclosed is a **FAN handout** for personal physical activity goals. For **1 week**, write physical activity goals on a notepad or post-it and post them in a place where you look every day (like your bathroom mirror or refrigerator).

Focus on **short term goals** for long term success. Short goals can be met faster which can mean more rewards for your hard work. You are also more likely to keep up the good work when you meet these goals.

Remember, very few can win a race in one try. If you are not able to meet a FAN goal today, do not expect to do so tomorrow. It is okay. Little by little we get better and stronger. Keep this in mind as you set goals for health success (physical & spiritual). Use the following worksheet (enclosed) to help you set your goals.

#### **Share:**

- \*Stick with daily goals and improve your health. With faith you “can do all things through Christ, who strengthens” you (Philippians 4:13—NKJV).
- \*Inspire a fellow church member to track goals with you.
- \*Church members are listening. Announce your progress from the pulpit.

*“Commit to the LORD whatever you do, and your plans will succeed ” Proverbs 16:3 (NIV)*



## Keep Track of Health Goals with FAN

Goal setting is a powerful exercise. When you write down your plans, they have a way of becoming a reality. This goal-setting worksheet will help you define what's important to you.

### What's most important to you?

List 2 **health and fitness** goals:

1. \_\_\_\_\_
2. \_\_\_\_\_

List 2 **spiritual** goals:

1. \_\_\_\_\_
2. \_\_\_\_\_

### What could get in your way?

List some problems that could get in they way of your *health/fitness* and *spiritual* goals:

1. \_\_\_\_\_
2. \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_

### What actions do you take to meet your goals?

List some ways you can overcome these problems (above):

1. \_\_\_\_\_
2. \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_

### Who can help you?

List family members, friends and church members who can help you meet your goals:

1. \_\_\_\_\_
2. \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_

***“Commit to the LORD whatever you do, and your plans will succeed ”***  
**Proverbs 16:3 (NIV)**

Based on answers above, what are your long-term and short-term goals? Long-term goals are future goals that you might hope to reach within 1-5 years. Short-term goals are more immediate, like every day goals or goals you might reach within 3-6 months. Reaching short term goals helps you get to long term success.

#### **Long-Term Goals (1-5 years):**

---



---



---



---

#### **Short-Term Goals (3-6 months):**

---



---



---



---

**Examples of Short-Term Goals are listed below. Use these to create your own.**

#### **Health and Fitness Goals**

1. Be physically active for 30 minutes every day.
2. Eat 5 cups of fruits and vegetables today.
3. Walk 10,000 steps today.

#### **Spiritual Goals**

1. Set aside time to pray about achieving your health goals.
2. Encourage church members to increase spiritual and physical wellness with you.
3. Work with your FAN/health committee to increase spirituality in church health messages.



## Make the Decision, Set Goals, and Track Progress



“Commit to the Lord whatever you do, and your plans will succeed.”

Proverbs 16:3 (NIV)

Planning is the key to healthy changes. Try setting short-term and long-term goals that relate to healthier living and watch your health grow. Physical activity and healthy eating help keep your temple in good shape. Keep a log of your progress - small easy steps help us get to our goals. For example, a goal might be to “walk 8,000 steps today.” Small steps to help you reach this goal might be using the stairs instead of the elevator, or parking your car further away in a parking lot. Few people win a race in one try. If you can’t meet your goal today, keep track of what you can do, and do a little more tomorrow! Be sure to start with something easy and celebrate each small success. In the end, each success adds to meeting your long-term goal.

Questions about the FAN Program? Please contact your church FAN Coordinator.



## Make the Decision, Set Goals, and Track Progress



“Commit to the Lord whatever you do, and your plans will succeed.”

Proverbs 16:3 (NIV)

Planning is the key to healthy changes. Try setting short-term and long-term goals that relate to healthier living and watch your health grow. Physical activity and healthy eating help keep your temple in good shape. Keep a log of your progress - small easy steps help us get to our goals. For example, a goal might be to “walk 8,000 steps today.” Small steps to help you reach this goal might be using the stairs instead of the elevator, or parking your car further away in a parking lot. Few people win a race in one try. If you can’t meet your goal today, keep track of what you can do, and do a little more tomorrow! Be sure to start with something easy and celebrate each small success. In the end, each success adds to meeting your long-term goal.

Questions about the FAN Program? Please contact your church FAN Coordinator.



## Greetings FAN Cooks and Lead Kitchen Staff

This month, FAN returns focus to lowering **high blood pressure**. FAN talks about how physical activity helps control blood pressure. But FAN Cooks know that we can not be active if we don't have food to fuel our bodies. Please continue to use the DASH Diet in your church. Show your members that **healthy foods** and **physical activity** both help control blood pressure.

FAN is introducing the DASH Eating Plan to your church members. Help us teach the basics. Remember, we want to have some foods at church meals with:

- More **whole grain** foods (e.g., whole wheat bread instead of white bread, brown rice and pasta instead of white rice and pasta)
- Less **fat**, especially saturated fat
- Less **sodium** (salt)
- More **fruits and vegetables**

This month there are **two recipes** to share. Of course, both recipes are heart healthy. The first one is especially great because it comes from your input at FAN Trainings! We hope you will enjoy "Jeanette's FANed Canned Yams" this month. It shows that you help make this program a success.

### Control Blood Pressure with Healthy **Yams** and **Black-Eye Peas**

#### Jeanette's FAN-ed Canned Yams

Makes 8 servings

2 Cans of sweet potato (15oz cans)  
1/2 cup **sugar-free** pancake/waffle syrup  
1/2 cup Splenda  
1/2 teaspoon cinnamon

Combine all ingredients into saucepan and bring to a boil. Lower heat slightly and simmer for 30-45 minutes uncovered, stirring occasionally.

Calories: 110 Total Fat: 0g Sodium: 95g

#### For a twist on **Hoppin' Johns** try these Creole-style Black-Eyed Peas

Makes 8 servings

3 cups water  
2 cups dried black-eyed peas  
1 teaspoon **low-sodium** chicken-flavored bouillon  
2 cups canned **unsalted** tomatoes, crushed  
1 large onion, chopped  
2 stalks celery, chopped  
3 teaspoon minced garlic  
1/2 teaspoon dry mustard  
1/4 teaspoon cayenne pepper  
1/2 cup chopped parsley  
1 bay leaf

Over high heat, add 2 cups of water and peas in a medium saucepan. Bring to a boil (2 minutes). Cover and remove from the heat for 1 hour. Drain the peas. Add 1 cup of water and all remaining ingredients (except parsley). Stir together and boil. Cover and reduce heat. Simmer for 2 hours (stirring occasionally). Add water as necessary to keep the peas covered. Remove bay leaf and garnish with parsley.

[MayoClinic.com/health](http://MayoClinic.com/health)

Calories: 173 Total Fat: 1g (Saturated Fat: <1g) Sodium: 34mg

*"So whether you eat or drink or whatever you do, do it all for the Glory of God."*

I Corinthians 10:31 (NIV)



# FAN Goal Setting Calendar

Week of: _____	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Faith:							
Physical Activity (10-min bouts)							
Vegetables							
Fruits							
<b>Goals for the week:</b>							

Week of: _____	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Faith:							
Physical Activity (10-min bouts)							
Vegetables							
Fruits							
<b>Goals for the week:</b>							

Week of: _____	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Faith:							
Physical Activity (10-min bouts)							
Vegetables							
Fruits							
<b>Goals for the week:</b>							

Week of: _____	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
Faith:							
Physical Activity (10-min bouts)							
Vegetables							
Fruits							
<b>Goals for the week:</b>							





Start <sup>With</sup>   
YOUR Heart  
North Carolina Cardiovascular  
Health Program



**W A L K I N G   L O G**

Week	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.	Average	GOAL
Example	3,500	3,000	4,000	3,000	5,000	6,000	3,500	4,000	5,000
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									
15									
16									



# Sweat the small stuff!



*Small changes can add up to large increases in your daily activity level. Here are some ideas to get you moving:*



- Walk, run and play with your children or grandchildren.
- Mow your yard using a push mower.
- Take a walking break instead of a coffee break.



- Take the stairs instead of the elevator.
- Park in the farthest spot in the lot when you go to the market or the mall.



- Hide your TV remote and change channels the old-fashioned way.
- Use your pedometer to keep track of your progress!



[www.EatSmartMoveMoreNC.com](http://www.EatSmartMoveMoreNC.com)



[www.startwithyourheart.com](http://www.startwithyourheart.com)



## Move More...

We know that increased physical activity can help lower the risk of heart disease, stroke and diabetes, as well as other chronic diseases. Most people average only about 3,000 to 5,000 steps a day in normal activities.

Increasing the number of steps you take each day, and increasing the speed at which you take them, can improve your health. And, 10,000 to 12,000 steps daily can help you achieve and maintain a healthy weight.

Using a pedometer can help you monitor and improve your walking program!

- HERE'S HOW:**
- Set a goal for your personal physical activity program.
  - Think short and long-term. Start now with what you can achieve today and build up.
  - Share your goals with other people who will work with you and be supportive.
  - Revisit your goals often.
  - Don't give up. Just keep working to achieve those goals.

*You may be surprised how quickly you reach your goal—often faster than you thought possible!*

### How to get started:

- First, measure your current walking profile by wearing your pedometer for a few days and recording your accumulated steps each day.
- Set a goal for 1,000 steps more than your current daily average.
- After a week or two, increase your goal by another 1,000 steps.
- Every two or three weeks increase your goal by yet another 1,000 steps a day until you are averaging 10,000 steps a day.

**RESET YOUR PEDOMETER TO "0" AT THE BEGINNING OF EACH DAY AND BE SURE TO RECORD YOUR PROGRESS!**