

Dear **FAN** Committee Members,

Welcome to Month 5. This month we promote self-monitoring of physical activity intensity in order to become physically active at a moderate intensity.

FAN Goal of the month: Be physically active at a moderate intensity for 30 minutes per day, at least 5 days per week.

More than 50% of American adults do not get enough physical activity (CDC, 2007). A reason that we may not get enough is because we do not know the right intensity of physical activity needed to gain health benefits (CDC, 2007).

Cardiovascular disease (disease of the heart and its pathways) is the **#1 killer** all over the United States, including among African Americans and American women (AHA, 2007)! It is time to fight cardiovascular disease with the **right amount** of physical activity.

Inspire your church to be active for their health. Some activity is better than none.

Physical Activity: Intensity and the Right Amount *

(CDC 2007, ACSM 2007, AHA 2008)

If you want to reduce the risk of heart disease and improve health:
Be active at a **moderate intensity** at least 30 minutes a day, 5 days a week.



Help church members take control of their health with physical activity

We **pace** ourselves so we can reach goals without burning out before we get there. Those who ease into physical activity are more likely to keep it up. Make changes at the right time for you with planning, monitoring, and encouragement.

Take cues from yourself to help you rate how hard you are working (intensity) when you are physically active. Pay attention to a faster heart rate, heavy breathing, sweating, *pain*, dizziness and/or feeling tired. These cues help us decide whether to keep it up, pump it up or slow it down. Always be active at an intensity that is comfortable for you.

Help church members understand intensity levels and the benefit of striving to be active at a moderate intensity. This month's resources will help you teach these skills with examples.

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

**If your goal is weight loss (or weight maintenance), the recommendation is to be active at a moderate intensity for 60 minutes on 5 or more days each week.*



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 "Moderation in all things: Pacing ourselves for lasting health rewards."
- **The Right Moves for your FAN-tensity (intensity).** This handout helps teach the intensity levels of physical activity. Intensity is how hard you are working when you are physically active. Use the "talk test" and physical cues like sweating and shortness of breath to help church members tell the difference between *light*, *moderate* and *vigorous* intensity.

Cooks' Tools.

- FAN cooks plan for healthy eating success. Keep track of eating habits for lasting change.
- Help church members avoid health traps by teaching how to plan for *fast fuel* vs. *fast food*.

Activities. Download a pocket-size *guide to physical activity intensity!*

This month's resources will help you teach others to be active at an intensity that is comfortable and goal-oriented. Safe progress is about pacing yourself. Lasting benefits come from slow and easy change.

Don't burn out by doing too much too soon, or get bored by doing too little for too long.

This month's **Pastor Activity** uses a guide to physical activity intensity. The guide features the *Borg Rating of Perceived Exertion Scale* (Borg, 1998). The numbers on this scale rate a person's intensity on a range of 6 to 20, based on how a person feels during physical activity. *Make lasting health changes.* Monitoring intensity is important because it helps you know how to adjust your physical activity plans by choosing activities that are right for your fitness level.

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



Pastor Activity Packs

MISSION 5: Self-Monitoring

FAN Goal of the month: Monitor your physical activity intensity. Be active at a moderate intensity for 30 minutes per day, at least 5 days a week.

Facts: *The Right Intensity* (CDC 2007, ACSM 2007, AHA 2008)

More than 50% of American adults do not get enough physical activity (CDC, 2007). One reason that we may not get enough is because we do not know the right intensity (level) of physical activity needed to gain health benefits (CDC, 2007).

To reduce the risk of heart disease and improve health:

Aim for **moderate** intensity activity at least 30 minutes a day, 5 days a week.

(Note: For weight loss, aim for 60 minutes of moderate intensity for 5 or more days a week.)

Your Intensity:

The Borg Rating of Perceived Exertion Scale is often used to self-rate a person's activity effort or *intensity* (Borg, 1998). It is a numerical scale based on how a person feels during physical activity. Physical cues that help rate intensity include faster heart rate, heavy breathing, sweating, pain, and feeling tired. Ratings of 11 to 14 suggest that physical activity is being performed at a **moderate** intensity.

Activity:

Included are pocket-size guides to help monitor the intensity of your physical activity: *Borg Scales* guide and "*The Right Moves for your FAN-tensity*" handouts.

Track your intensity. Those who ease into physical activity are more likely to keep it up. Be active at an level that is comfortable for you. Don't burn out by doing too much too soon, or get bored by doing too little for too long. Use the *Borg* and *FAN-tensity* guides to help you adjust your activity and choose others that are right for your fitness level. **Don't forget: A FAN goal to be active at a moderate intensity.**

Share:

- * Inspire a fellow church member to monitor their level of physical activity with you.
- * Let your self-monitoring pay off. Over time our bodies get better at being physically active. Take it easy, but listen to your body. It may be time to increase intensity or be active for a longer period of time.
- * Announce your progress from the pulpit.

"The plans of the diligent lead to profit as surely as haste leads to poverty" Proverbs 21:5 (NIV)



The Right Moves for Your FAN-tensity

Reap health benefits by being physically active at a **moderate intensity** for **30 minutes a day, 5 days a week**

Ease into physical activity with FAN. Moderation is the key!

Work your way to the top. If you are not yet able to be moderately active, start with *light* activities. Over time you will get stronger. ALWAYS be active at an intensity that is comfortable for your fitness level. Below are some common activities by intensity. Which ones might you enjoy?

Tip: Can't figure out the intensity of your physical activity? Take the "Talk Test." If you can sing during your activity, you are doing *light* activity for your fitness level. If you can talk comfortably during your activity, but can not sing, you are doing *moderate* activity. Your activity is *vigorous* if you are too out of breath to talk.

Physical Activity Examples by Intensity

Light Activity	Moderate Activity	Vigorous Activity
Walking slowly	Walking briskly	Racewalking, jogging or running
Gardening or pruning	Mowing lawn with a power motor, raking & bagging leaves, weeding	Mowing lawn with a push mower, digging ditches, rapid shoveling
Swimming, slow treading	Swimming, water aerobics	Swimming laps, steady & paced
Bicycling, very light effort	Bicycling 5 to 9 mph, flat land or few hills	Bicycling more than 10 mph, or steep hills
Table tennis, recreational	Tennis, doubles	Tennis, singles
Dusting or vacuuming	Scrubbing floors, bathtubs, or windows	Moving furniture; standing, walking, or walking on stairs carrying objects (50 lbs or more)
Light stretching; warm up activity	Weight lifting with machines or free weights	Circuit training (aerobic: weight-lifting, few rests between sets)
Rinsing a car, water hose	Hand washing and waxing a car	Pushing a disabled car
Babysitting, watching children at play	Babysitting, actively playing with children (walking, running, etc.)	Babysitting, actively playing with children (running long distances & playing very active games)
Dancing, swaying to music	Dancing, energetic	Dancing, energetic & competitive
Basketball, dribbling	Basketball, shooting baskets	Basketball, full-court game



Moderation in All Things! Pacing ourselves for lasting health rewards



“The plans of the diligent lead to profit as surely as haste leads to poverty”

Proverbs 21:5 (NIV)

We tend to set resolutions to be more active, eat better and feel better. We often want to change all at once. But, if we fail to meet expectations that we set for ourselves in haste, we may give up too soon. FAN understands and wants to remind you that *moderation is the key!* God wants us to be faithful, diligent and healthy servants. Whether you start with gardening, walking, or jogging, you are being active and can gain health benefits. Be active at a level that is possible and enjoyable. After a while you will find that you can do more activity or do without more unhealthy foods. Tell others of your success and the importance of making changes for your health! A friend will lend support and make the journey easier for both of you.

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



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Greetings FAN Cooks!

This month we teach the church about pacing ourselves for lasting health habits. We pace ourselves (slow and steady) to ensure lasting health benefits. When we decide to make healthy changes, we begin a process. It is important to have a plan in place to help make the changes last. Use tips in this letter to help your church plan for lasting success in healthy eating.

Our goals are to eat **more fruit and vegetables**, **more whole grain**, **less fat** and **less salt**. To reach these goals we must keep track of what we eat and be wary of temptations along the way. Have you ever been caught on -the-go and hungry, with nothing around but fast food pit stops? What can you do? The body can't run on empty so it is likely that we fall into the fast food trap. Wait! Most fast food is not **Heart Smart!**

Remember: **Heart Smart** food **lowers risk of heart disease**. Heart Smart foods have lower amounts of fat, salt and cholesterol. Be sure to read your food labels.



It is ok to have fast food every now and then (all things in moderation), but healthy hearts need Heart Smart habits. Please see the next page of this letter for a **Fast Fuel handout** to help you and your church fight smart in times of hunger and temptation.

*Want a way to get more veggies in your meal? Give squash a try. **Butternut squash** is very versatile and blends well in ordinary dishes. The recipe below is a twist on ordinary **macaroni and cheese**. Adding veggies to a meal is an easy way to increase your church's fiber intake for a heart health.*

Butternut Macaroni and Cheese

(by Clemson chef, Abby Culin)

Makes 6 servings

Ingredients:

1 small butternut squash	1 tbsp flour	1/8 tsp salt	1/8 tsp pepper
1/2 lb pasta	2 cup skim milk	pinch of parsley, chopped (optional)	
1 tbsp unsalted butter	1 cup sharp cheddar cheese	pinch of red pepper flakes (optional)	

Cut squash in half, lengthwise. Roast squash halves on a baking sheet (400°F) for 1 hour or until very tender. Scrape the squash from its shell. Discard the shells. Mash the squash and set it aside. Cook pasta according to package instructions and set aside. Melt butter in a large sauce pot. When melted, add flour and begin whisking. Whisk for 2 minutes or until mixture turns a light brown color. Slowly add the milk. Continue until mix comes to a simmer. Whisk for about 5 more minutes as it thickens. Once thickened, whisk in 1 cup of the mashed squash (break any clumps). Remove the sauce pot from the heat and stir in the cheese. Heat from the sauce will cause the cheese to melt. When the sauce is smooth, add the salt, pepper, and cooked pasta. Top with parsley or dried red pepper flakes, if you like.

***Healthy option: use a butter substitute that is low in saturated fat like tub margarine or Smart Start®!**

Total Fat: 10g (Unsaturated: 4g, Saturated: 6g, Trans: 0g)

Calories: 202 Carbohydrates: 18g Fiber: 1g Protein: 11g Sodium: 145mg Cholesterol: 42mg

“So whether you eat or drink or whatever you do, do it all for the Glory of God.” I Corinthians 10:31 (NIV)

On the Go?

Think “Fast Fuel” Instead of “Fast Food”

When you think of an on-the-go snack, what comes to mind? For most Americans, the easy choice would be a fast food drive-through and a choice from the bargain menu. Although this option is convenient and cheap, it is not likely healthy or wholesome.

In today’s busy and fast-paced world, you owe it to yourself to make good decisions for your health. Most “snack” foods are highly processed (not in its natural state) and high in *salt*, *sugar*, and *fat*. Chips, candy, sodas, and cookies may taste good at the time, but after the brief sugar high, we are left with the calories that pack on the pounds.

When choosing snacks, think about what will give you lots of energy for your busy schedule. Try to **limit your “bad-fat” intake** and **increase the fruits, vegetables, whole grains, and protein**. Make good habits for yourself! If you buy good foods at the store, you’ll eat good foods as snacks!

Avoid the fast food trap. Plan to snack heart healthy:

- Start simple: grab a piece of fruit on your way out the door. Apples are great for this because they don’t have to be refrigerated, don’t need to be peeled, and don’t bruise easily.
- Buy a big bag of baby carrots at the store and divide them into grab-and-go portions when you get home—put a handful into zip-top snack bags and store them in the fridge. When you’re leaving home, just grab one and take it with you for a healthy dose of Vitamin A and beta-carotene.
- Instead of a morning coffee that might perk you up but cause you to crash later, why not fill your travel mug up with orange juice instead? You’d get a great dose of Vitamin C—a natural antioxidant that makes you feel great.
- Make your own snack mix. One great combination has Fiber One cereal, dried cranberries, almonds, and dark chocolate chips. The cereal has tons of fiber to keep you full. The almonds have protein and healthy fat that can help LOWER cholesterol. Cranberries and dark chocolate bring tons of antioxidants and a sweetness that makes you feel like your healthy mix is a real treat!
- Make a mini peanut butter sandwich. Peanut butter is a good way to get protein, but remember it also has fat - so watch how much you’re eating with food labels. Use one piece of whole wheat bread and about a spoonful of peanut butter. The great thing about this snack is that it will really stay with you and doesn’t need to be refrigerated.
- Drink a can of vegetable juice, like tomato juice, during the afternoon or with your lunch instead of a soda. Tomato juice and V8 are lower in calories and carbs than fruit juices, and a *MUCH* healthier option than a sugary soda.

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Basketball, dribbling	Basketball, shooting baskets	Basketball, full-court game

Brought to you by FAN Staff



**Pocket Intensity Guide
for Self-rating Physical Activity**

What's your FAN-tensity?

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for Self-rating Physical Activity**

What's your FAN-tensity?

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The scale on the next page is the *Borg Rating of Perceived Exertion Scale*. It shows how you should feel during light, moderate and vigorous activity.

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Borg Rating of Perceived Exertion Scale

6 No exertion at all

7 Extremely light

8

9 Very light

10

11 Fairly light

12

13 Somewhat hard

14

15 Hard

16

17 Very hard

18

19 Extremely hard

20 Maximal exertion

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