

Health-e-AME Physical-e-Fit News



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Special points of interest:

- **January 18-24 is Healthy Weight Week:** Celebrate healthy lifestyles that last a lifetime and prevent eating and weight problems. Check out online resources at: www.weightlossexplained.com
- **February is Heart Month**– Help your fellow AME members to strengthen their hearts and spirits through a healthy lifestyle.
- **March 26 is American Diabetes Alert Day**– try organizing events to increase awareness and educate your fellow members about how physical activity and healthy eating can help prevent diabetes.
- Check out more information about monthly health topics at www.health-e-ame.com

Physical-e-Fit at the Annual Post Conference at Allen University

The annual post conference of the 7th Episcopal District of the AME church was held November 20-22 at Allen University in Columbia. As a part of the activities, the Health-e-AME Physical-e-Fit staff shared with the Bishop and pastors the exciting events that have taken place within the Physical-e-Fit program during the past year.



Bishop Belin, Elders Parrot and Middleton participating in Praise Aerobics with Thaje Anderson

At the time of the conference, we have trained over 200 AME members representing 93 churches in the state, and hope to reach the goal of training 100 churches by the end of 2003.

Our Praise Aerobics instructor, Thaje Anderson, led the excited and inspired crowd through a Praise Aerobics session, leaving the crowd energized after the physical activity. In 2004, the Physical-e-Fit program staff looks forward to continuing to work with our trained churches and looks forward to increasing the program even further.



AME members enjoying Praise Aerobics at the annual post-conference

What's New and Happening

Get your church published in the Health-e-AME Physical-e-Fit Newsletter. We want your news and photos for upcoming issues.

Here are some quick tips for submitting material for the newsletter: include a photo of your activity and

church if possible. Be sure to include a contact person, telephone numbers and email addresses.

Share your successes and/or struggles with any of your physical activity programs (walking program, praise or chair

aerobics, 8 Steps to Fitness). All materials may be edited for space and content.

Articles and photos should be submitted to Melissa Bopp or Lottie McClorin at (803) 777-2864 or sphame@gwm.sc.edu.

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The Ties That Bind: Forming Partnerships With Other Churches for the Physical-e-Fit Program

Getting started with your Physical-e-Fit program may be the biggest and most difficult step you will take towards improving the health of your fellow AME members. Often times some of your best resources may be right down the road or a few blocks away. Partnering with other churches to offer your programs can help you to keep up the momentum of your program, create greater interest and prevent overload for the Physical-e-Fit program director. The first step you will need to take in forming partnerships is to find nearby churches who would be interested in joining you.

You can find a list of trained churches on the Health-e-AME website, or contact Lottie McClorin (803-777-2864) or Octavia Gethers (843-876-1949).

Once you have established some possible

partners, have a meeting and discuss whether it would be beneficial to hold different programs at different churches (i.e. Praise aerobics at one church and 8 Steps to Fitness at another), or to hold all of the programs in one church, and to share the program directing duties, or some other arrangement that works for you.

Next, get the contact information of all of your potential partners and designate someone to do reminder calls for meetings and activities.

Sandra Scott is the health director at Emmanuel AME and has partnered with fellow health director and sister-in-law, Delores Green at Graham AME to offer their Physical-e-Fit programs. They had worked together before to offer several other health

programs, and continued to do so when they started their Physical-e-Fit program. They have divided several duties, including splitting the teaching of 8 Steps to Fitness class that consists of members from both churches.



Both of these health directors mentioned several benefits of combining their efforts, including boosting the unity between the churches, easing their workloads, developing new ideas, and coming up with new and exciting activities.

We encourage you to explore your options and form lasting partnerships that can benefit all churches involved and the surrounding community.

Spotlight: Union Station AME Church

Teresa James, Health Director at Union Station AME Church, decided immediately to implement their program after receiving the Physical-e-Fit training and guidance from the pastor of their church. Rev. Friendly Gadson made several announcements from the pulpit to encourage members to sign up for the program.

Periodically, he uses information from the Health-e-AME website about physical activity to share with the congregation.

After advertising, the health screening form (PAR-Q) was circulated in the church for all interested members to complete. As a result, they have 27 members participating in physical activity programs. Announcements were placed on the bulletin board and in the church program about their start date.

During the preparation stage, a member was visiting their church and agreed to provide the health director and assistant with additional aerobic training. This visiting member worked with them for two consecutive weeks on coordination of moves.

As the program began, enthusiastic members came out weekly to participate in chair aerobic, praise aerobics, and the 8 Steps to Fitness Program. Flora

Gadson, the pastor's wife, is the aerobic instructor that guides the members through a moderate intensity workout. She has been using the provided CD "Exercise Your Faith for Ten" and the videotape to enhance their program. Also, light snacks and water are provided.

A member who is a registered nurse assists the health director with the classes and provides additional information. They also have blood pressure screening every month.

The 8 Steps to Fitness Program has been a success at Union Station AMEC. After completion of the program they plan to increase the aerobics class to twice a week and start their walking program.

Congratulations to Union Station AME for their success and commitment to the health and well-being of their members!



Union Station AME members getting Physical-e-Fit during a Praise Aerobics session.

Pedometers— A Step in the Right Direction!

A pedometer, or a step-counter, is a small device that counts how many steps you take. Often, we have no idea how active we are in a day, but when we use a pedometer we get a good idea of just how active (or inactive) we are!

When you're looking to buy a pedometer, keep in mind that a quality one usually costs at least \$15, and can be as high as \$30-40. All you really need is something that's lightweight, easy to read, and simple to use. Though you can get pedometers with calorie counters or activity timers, these features are often not accurate, and are not worth the extra money.

Though some studies have shown that reaching 10,000 steps a day can lead to a healthier lifestyle, that milestone may be a long way off for many of us. When you first start wearing your pedometer, record your daily steps for a week. This will give you a good idea of where you need to go. Then you can set short-term goals for yourself to increase your daily step count by 500 or 1000. Keep increasing your steps on a weekly basis until you reach your long term goal, whether it's 10,000 steps a day or some other milestone you'd like to make.

To find out where to get pedometers, log on to the Health-e-AME website.



"If the Lord delights in a man's way, he makes his steps firm; though he may stumble, he will not fall, for the Lord upholds him with his hand." Psalms 37:23-24.

A Word From Rev. Dr. Allen W. Parrott

Greetings: We celebrate the Christian season of "Advent." It is a time of preparation, a time of anticipation, a time of expectations as we await the coming Messiah. One writer has suggested that during this exciting time one should be living on "tiptoe." In other words, one should constantly be on the look out for the Christ child.

In like manner, we should be vigilant as we seek ways to better care for the physical temple that God gave us to care for. Our body is our temple and we should always be on the look out for methods that enhance our physical well-being.

The AME church in South Carolina and its many health partners have collaborated on a variety of meaningful initiatives that promote better health. The AME church has, and continues to be vigilant in carry-

"Our body is our temple and we should always be on the look out for methods that enhance our physical well-being."

ing out its mission to "minister the whole person," body as well as soul. We have been on tiptoe, in ready mode, seeking

ways that promote better, healthier lifestyles. I am encouraging each conference to participate in the Health-e-AME and Physical-e-Fit programs by contacting the Health-e-AME Physical-e-Fit program staff.



I wish for all a happy and healthy new year.

Making a Promise to God and Yourself: Physical Activity and Healthy Eating New Years Resolutions

The time has come once again. The holidays are over, and many start to make New Years resolutions about how to improve and better our lives for the new year ahead of us. It may be a good time to encourage your congregation, your pastor, your family and even yourself to make good choices about including physical activity and healthy eating as a part of a healthy lifestyle.

Making resolutions is a lot like setting goals, and there are some tips you can follow to increase your chances of being

successful and achieving your outcomes.

"Ensure that your resolutions are realistic and attainable."

1. Keep your resolutions specific, and try to include exact details of what you would like your outcome to be.
2. Make your resolution measurable. By being measurable you'll know whether or not you've reached your goal.

3. Ensure that your resolution is realistic and attainable— aiming too high often just results in disappointment
4. Attaching a time-frame to your resolution makes it easier to determine if you have accomplished it or not.

By following these simple guidelines, you can help yourself and others to make new years resolutions that will contribute to their physical, emotional and spiritual well-being.

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**Check out the newest additions to
the Health-e-AME website! Get tips,
read about other churches and AME
members, download information,
and lots more!
www.health-e-ame.com**

*Take action and take care of your temple!
Get 30 minutes of physical activity.
Eat 5+ fruits and veggies a day.*

This project was funded by a grant from the Centers for Disease Control and Prevention. The project is a partnership between the AME church, the Medical University of South Carolina and the University of South Carolina.



Meet the Program Director: Lottie McClorin

I greet you in the name of our Lord and Savior, Jesus Christ. I am Lottie L. McClorin the Program Director for the Health-e-AME Physical-e-Fit Program. As a member of Bethel AME Church in Gourdin, SC where my pastor is Rev. Clifford Levine it is an honor to accept this important role in the health ministry to monitor and deliver the program to all AME churches across the state of South Carolina. I totally support the goals of this program which are exercising and eating healthier. I have made several steps towards changing my own lifestyle by losing 104 lbs. I enjoy walking, dancing, step class, body sculpting, walking at my house, and playing with my niece Mikayla. I have been a witness to miracles of growth, healing, and community development that have benefited the 7th Episcopal District.

The highest praises to the Bishop Henry A. Belin, for his leadership and support of the Health-e-AME committee. Special thanks to presiding elders, members of

the clergy, and health directors for your level of support to the work of empowering our members.

During this past year, the Holy Spirit has directed us in the great commission for increasing awareness of the importance of physical activity and healthy eating. Thanks to each of you for tak-



Lottie McClorin, Health-e-AME Physical-e-Fit Program Director

ing the leadership in the communities. Over 200 members from 93 churches from the Northeast, Palmetto and South Carolina Conference areas were trained to implement the program in their church.

I Corinthians 6:19 tells us to take action: "Your body is the temple of the Holy Spirit who is in you whom you have received from God." We are continuing in the Spirit of training over 100 churches in the first year of the intervention. Our expectations are great for what God will do with and through us during year two of this program, 2004, when all AME Churches in the state of South Carolina will have the opportunity to receive the training.

We solicit your continued support and encourage you to put your faith in God and see what this program has to offer you!