



Church Spotlight

First United Methodist Church

Reverend Julie Belman, Pastor (Reverend Reggie Rowell, Interim Pastor)

Start Slow and Grow!

Ms. Barbara Martin, FAN Coordinator at First United Methodist Church, and her FAN committee, Susan Dove, Joe Sanders, Sarah McMaster, Bobbie Dove, and Rev. Julie Belman, have remained flexible when making healthy changes for their church. To begin, First United Methodist Church attended a FAN training later than expected. They planned to attend training in October, but Hurricane Matthew had other plans. No need to worry -- members of the FAN Committee adjusted their schedules, attended training a couple of weeks later, completed their FAN Program Plan, and hosted their kick-off event before the year ended. In addition, their pastor, Rev. Julie Belman, had twins in December and returned March 5th. Through all of this, the FAN Committee has remained flexible, continuing to communicate with Rev. Belman and supporting their interim pastor, Rev. Reggie Rowell, to promote the FAN program. As a result, Rev. Rowell has encouraged church members to increase steps and be physically active in shorter durations throughout the day.



Last summer, as part of the FAN evaluation, church members completed surveys about their health. After receiving the church summary report and reading about the high numbers of church members who were overweight, had hypertension, or had high cholesterol, Ms. Martin shared with church members the need for the program. The FAN Committee introduced church members to the fruit & yogurt parfait in a taste testing during their 5th Sunday breakfast. Now, many church members report regularly having the parfait for breakfast! In addition, the church provided pedometers as Christmas presents to church members to increase physical activity. Signs encouraging members to use the stairs instead of the elevator have been posted and many church members are walking community routes and using the stairs.

Ms. Martin encourages churches to “start slow and grow.” She encourages promoting one activity at a time, aiming to do it well, and reinforcing the activity with church members before adding another one. Their FAN Committee continues to meet regularly to discuss ideas for new activities that they think will work well with church members.



Congratulations to First United Methodist Church for your success and commitment to the health and well-being of your members!