



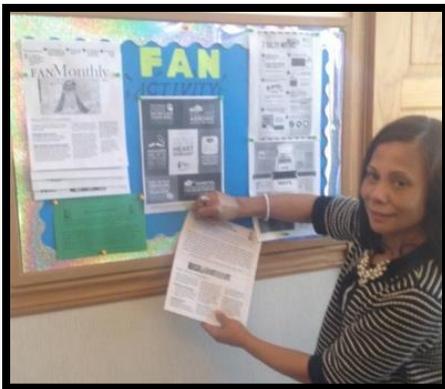
Church Spotlight

Zion Hopewell Baptist Church

Reverend Gene Liles, Pastor

The congregation at Zion Hopewell Baptist Church is primarily middle-aged and older adults, and the FAN Program has taught members the importance of continuing to live a healthy lifestyle as they age. In the end, prevention of health problems costs less than treating health problems. Church members enjoy standing up and moving around when they sing one of their favorite songs, "Hallelujah (Come On and Bless the Lord With Me)." During the song, church members laugh and have fun while they lift their arms and move side to side at their own ability level. To encourage healthy eating, the kitchen staff has adjusted the menus for church events to include fruits and vegetables and limit "heavy" foods like fried chicken and macaroni and cheese.

Ms. Kimbili Simpkins, FAN Coordinator at Zion Hopewell Baptist Church, believes including youth increases the success of FAN activities. When the youth participate and especially when they lead activities, their parents, grandparents, and others let their guard down and naturally want to participate! This helps bring all church members together to be physically active and have fun.



In addition, Ms. Simpkins makes sure the pastor, Rev. Liles, receives the monthly pastor highlight from the FAN newsletter. Rev. Liles shares these health announcements from the pulpit, reinforcing what church members see in the church bulletin and FAN bulletin board. The FAN committee communicates regularly to make sure responsibilities -- such as updating the bulletin board, sharing information about FAN with visitors, and educating church members about health -- are equally shared.

Finally, Ms. Simpkins stresses the importance of "knowing your congregation." She says it is important to know where your church is located, who your members are, and what they can and cannot do. Then, introduce a little bit at a time so that members experience benefits and success and hopefully want to do more in the future.

Congratulations to Zion Hopewell Baptist Church for your success and commitment to the health and well-being of your members!