



Church Spotlight

River of Life Christian Church
Rev. Kelvin Felder, Pastor

Motivating and Inspiring Church Members and the Community to be Healthy!

River of Life Christian Church is motivated to get healthier by increasing physical activity and healthy eating opportunities for their church members. FAN Coordinator, Sharon Pearson, along with Virginia Moore, have worked hard to identify inspiring activities that people of all ages and abilities can enjoy. The FAN Program kicked off with a Walking Challenge where members wore pedometers and recorded their steps on activity record logs. These records were shared during designated Sundays and cash prizes were awarded for the most steps! Some members logged over 100,000 steps! Ms. Pearson hopes to put these records on display in the church in 2017 to continue motivating members to move.



Opportunities for movement are part of 5th Sunday worship services, as members are encouraged to sway, walk, stretch, or even run in place during the praise and worship session at the beginning of the service. This activity was led by Virginia Moore and Vickie Goins, along with youth members Dianna Blanchard and Skyla Hart. The church also started weekly exercise classes on Monday through Wednesday evenings from 5:30pm-6:30pm, conducted by Sister Moore, which is open to the community to attend.

Pastor Felder shows his enthusiasm and support for active living by sharing FAN announcements from the pulpit and by encouraging exercise and a healthy diet. He and the First Lady strive to eat healthy and share their experiences and successes with the congregation. Each Sunday the church secretary, Sister Kimberly Smith, also provides members with health information and tips on health related topics! River of Life Christian Church has a large number of children who attend Sunday morning worship service and the church adopted guidelines for including only healthy options for snacks for the kids.



Ms. Pearson said that many of church's 100 members participate in the FAN activities and programs, but it has been a challenge to reach everyone. Her advice to other churches is to remain positive and not to get discouraged. It is important to continue working to identify opportunities to reach all members.

The FAN Committee has already come up with great ideas to promote healthy eating and increased physical activity in 2017, including starting a church garden and starting a healthy breakfast Bible Study on occasion. They will continue to work hard to inspire and motivate all members towards a healthier lifestyle!

Congratulations to River of Life Christian Church for your success and commitment to the health and well-being of your members!