



Church Spotlight

Steele Hill A.M.E. Zion Church

Verta Looper, FAN Coordinator

Steele Hill A.M.E. Zion Church has had great success in putting FAN into practice, with the strong support of their FAN Coordinator, Ms. Verta Looper. Steele Hill A.M.E. Zion Church had a successful health and wellness ministry several years ago, and Ms. Looper knew the church could benefit from something similar. As a strong health advocate and someone who is conscious of leading a healthy lifestyle, Ms. Looper was on the lookout for a way to help her church become healthier. She heard about FAN and thought it offered everything they were looking for!

With the blessing and support of their pastor, Rev. Sanda Sistare, Ms. Looper and her FAN committee planned the FAN kickoff event for June 2021 in the outdoor area of their church. They held a walk, had chair exercises, and gave out informational brochures. Healthy snacks of bananas, apples, tangerines, and bottle water were included. The energy at the kickoff was high spirited, and they received positive feedback from their church community. In addition to the FAN kickoff event, they have been including FAN information in their church's eblast once a week. Rev. Sistare even recorded a video where she discussed FAN and had a jump rope in hand to encourage church members to participate in their favorite exercises (the church was surprised to learn Rev. Sistare enjoys jumping rope!).



Members of the FAN committee, which include Verta Looper, Nadine Morrison, Terrance Barr, and Rev.



Ribbon cutting at the FAN kickoff event.

Steele Hill A.M.E. Zion Church hopes to increase awareness of how a healthy lifestyle does not have to be complicated – it can include small changes that add up to make a big difference! Ms. Looper hopes to incorporate more events to increase healthy eating and exercise in the church. In the future, she would love to have a virtual cooking class, as well as activities to get the church moving, such as line dancing and a walking club. Congratulations to Steele Hill A.M.E Zion Church on a job well done!

“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.” – Philippians 4:8.