



Church Spotlight

St. Andrew's Parish UMC, Charleston District

Reverend Brad Gray, Pastor

Renewing a Commitment to Health!

Ms. Cindy Walden, FAN Coordinator at St. Andrew's Parish UMC in Charleston, learned about the FAN Program at Annual Conference. Ms. Walden was involved in health and wellness programs at St. Andrew's, and thus believed FAN was the right program to promote physical activity and healthy eating in the church. She shared information about FAN with her pastor, Reverend Brad Gray, who was supportive of adopting the program at St. Andrew's.



A goal of the St. Andrew's FAN committee has been to help people understand that they "need healthy nutrition to do the activities to support their body and strengthen their faith." During their first year of FAN, their activities focused on helping members make healthy living choices a regular part of each day. The church participated in the Relay for Life to get members more active. They also organized a step challenge that included giving members a pedometer and tracking sheet to log their steps, and they gave out prizes. In addition, the committee prioritized getting the message out to church members about healthy living. These efforts included monthly bulletin board updates, sharing FAN recipes with the congregation, and Rev. Gray talking about healthy living in his sermons and announcements.

In September, the church held a 2nd FAN kick-off event to encourage members to renew their commitment to healthy living. Members received a SMART goals tips sheet and spent time writing down their new goals. To symbolize their renewed commitment to better health, members brought a commitment card to the altar. Ms. Walden and the committee will review the goals from members and use them to plan new activities.

	1. Daily Devotions
	2. Daily scriptures from Pastor Brad Sunday series
	3. Be a part of a prayer group
	4. Join a Bible study
	5. Journaling 3 gratitudes each day
	6. Meditating each day for 15 minutes
	7. Random acts of kindness

Specific	Measurable	Achievable	Realistic	Timely
S	M	A	R	T
G	O	A	L	S
What do you want to do?	How will you know when you've reached it?	Is it in your power to accomplish it?	Can you realistically achieve it?	When exactly do you want to accomplish it?

	1. Walk 30 minutes a day, 5 days a week
	2. Walk 20 min. during my lunch break
	3. Ride a bike 5 miles a day
	4. Climb the stairs and not use an elevator
	5. Attend an exercise class once a week
	6. Use a pedometer and walk 6000 steps a day working up to 10,000, increasing by 250 steps each week

	1. Eat at least 2 (1/2 cup) vegetable servings for lunch and dinner (potatoes don't count)
	2. Will not eat more than 3 carb servings at a meal - Example: 1 must be 1/2 cup fruit or 1 slice of whole grain bread
	3. Drink 8 cups of water a day (2 quarts)
	4. Substitute a piece of fruit instead of drinking the juice

At the 2nd FAN kick-off event, members used this handout to brainstorm as they created their own SMART goals for healthy living.

Ms. Walden expressed her gratitude for Rev. Gray's support of and involvement in FAN. She believes his regular attendance at FAN meetings, contribution of ideas for events and activities, and talking about FAN and healthy living regularly with church members have contributed to the success of FAN. She recommends to churches already involved or getting started with FAN to seek strong commitment and involvement from the pastor. In addition, she recommends having FAN committee members from all age groups, especially children and youth. She and the committee believe that having children involved will help reach parents and older adults with information about healthy living.

Congratulations to St. Andrew's Parish UMC for your success and commitment to the health and well-being of your members and community!