



Church Spotlight

Spiritual Way Church of Christ

Elder David Ginyard, Pastor

Physical Activity and Healthy Eating: Opportunities for Everyone!

Spiritual Way Church of Christ knows how to create opportunities for physical activity and healthy eating for all of their members, and how to have fun doing it! FAN Coordinator, Ms. Lois Robinson, says the key to their success is having diverse opportunities for healthy changes so that all members of the church can take part and no one feels forced into a single activity. She emphasizes that even small changes play a large role in improving overall health! The FAN Committee, with the approval and support of Elder Ginyard, has created fun and exciting chances to be healthier!

Hula hoops, jump ropes, and 2 lb weights were purchased and available for all to use! Every 4th Sabbath members walk together at their own pace around the church. The Gospel Lift Off music plays in the church annex for another physical activity option! At each service, stretch breaks are

incorporated and members move to songs by the youth and adult choirs. Members can opt to use a walking log to keep track of their physical activity and have found that sharing progress during fellowship times provides encouragement and motivation for other members to stay active. A scale was placed at the church to support members who have weight loss as one of their health goals.

Members also have more opportunities to eat healthy while at church! On the 4th Sabbath the church provides a fruit or vegetable tray and bottles of water. FAN recipes (on the thumb drive provided at training) are often prepared and sampled by members – the meatloaf was a big hit (see FAN recipes page 11)!

Opportunities for members to learn about healthy options are always ongoing at the church - from handouts and fliers to tips on using spices to make recipes healthier!



Congratulations to Spiritual Way Church of Christ for your success and commitment to the health and well-being of your members!