



Church Spotlight

St. Mark Baptist Church
Reverend James Goodwin, Jr.

When the FAN program was introduced to church members, Ms. Carolyn Richmond, FAN Coordinator at St. Mark Baptist Church, had a few concerns. For example, she knew the church already offered a weekly exercise class, but very few church members regularly attended. In addition, she knew many members would not want to remove fried chicken from church meals and potlucks. Yet despite these early concerns, Ms. Richmond has seen a lot of progress!



Church members, including youth and adults, now have many opportunities to increase their physical activity levels. First, attendance has grown at the weekly exercise class for adults. Second, weekly Bible studies end with light physical activity and stretching. Even more, the youth group leads the congregation once a month with praise dancing activities during worship services. Based on these successes, the FAN

committee is preparing to introduce a new walking program to give more church members an opportunity to be active.

Church members also benefit from increased opportunities for healthy eating. The church has created a guideline that says, "Church meals serving fried items must also include baked items as another option." In addition, during a recent prayer breakfast event, church members were served fruits, yogurt parfaits, and 100% fruit juices. Following this event, church members told Ms. Richmond they went to the store to purchase fruits and yogurt parfait ingredients to enjoy while at home!



Rev. Goodwin supports the goals of the FAN program by encouraging church members to move around the sanctuary to meet and greet each other on Sunday mornings. He also participates in the weekly exercise classes, encouraging others to do the same. Each month, the FAN committee meets to discuss ideas and brainstorm new activities. The committee makes sure to update the FAN bulletin board regularly and reference health inserts in the weekly bulletin during morning announcements. Ms. Richmond's words of advice include communicating with other churches to receive tips and suggestions. Through this, churches can share their ideas as working together to learn appropriate activities for church members.

Congratulations to St. Mark Baptist Church for your success and commitment to the health and well-being of your members!