



## Be a FAN for Your Church's Health!

### Want to help your congregation become healthier?

Enroll now in the Faith, Activity, and Nutrition (FAN) Online Training Program! It's a **FREE** resource that gives you the training and tools needed to increase physical activity and healthy eating in your church.

#### Why FAN?

FAN was developed with and for churches to prevent and address the most common health conditions impacting congregations and communities, such as heart disease, diabetes, and obesity. FAN focuses on physical activity and healthy eating because these two behaviors are consistently shown in research to prevent and treat these and more health conditions.

**“Thank you for this  
life changing program!”**

*–FAN Online Trainee*

God gave us our body and wants us to care for it. 1 Corinthians 6:20 reads, “For you were bought at a price; therefore glorify God in your body and in your spirit, which are God’s.” (NKJV)

Churches can benefit from FAN by having healthier members. Healthy members can more fully participate in church life and carry out the work of God. Churches have also used FAN to improve the health of the communities they serve.

#### What is FAN?

FAN is a **FREE** Christian-based program that works to create a healthy church environment. It helps members learn about and meet the national guidelines for physical activity and healthy eating:

**Physical activity:** At least 150 minutes of moderate-intensity physical activity per week (e.g., brisk walking)

**Healthy eating:** More fruits, vegetables, and whole grains and less unhealthy fats and sodium (salt)

FAN is **flexible** to meet the needs and interests of members – churches choose the activities they



**“FAN is a beautiful gift that is being offered to faith communities”**

*–Reverend Kathy James*

wish to put in place in their church. The program helps churches integrate healthier practices into what they already do!

FAN is **effective** - it is included in the [National Cancer Institute's Research Tested Intervention Programs](#). It has helped over 200 churches increase physical activity and healthy eating in members.

### **What does the FAN Online Training Cover?**

The FAN Online training is designed to support churches to:

- increase opportunities for physical activity and healthy eating
- create church guidelines (policies) for physical activity and healthy eating
- engage church leaders in FAN goals and support church leaders' health
- share health messages with members through familiar church channels

The FAN Online Training includes 8 self-paced, interactive weekly lessons. Each lesson can be completed within an hour. Churches will hear FAN success stories throughout the training and will have a chance to share ideas with other churches via the FAN discussion board. The program

also includes 12 months of free materials and resources to help churches launch FAN and sustain it over the first year.

Church committees have flexibility in how they complete the training – each person on your church committee can complete the training individually or you can complete it together in a small group setting (in person or virtually)!

### **What Will My Church be Asked to Do?**

We are offering FAN as part of a study being done at the University of South Carolina Prevention Research Center and funded by the Centers for Disease Control and Prevention.

If your church chooses to take part, we will ask you to:

- select a person from your church to coordinate the program
- form a committee of 2-5 people from your church who will complete the training and put the program activities into place
- take part in the evaluation of FAN by completing online surveys

If you are interested in the FAN Online Training, please fill out an online [interest form](#).

You can also learn more about FAN, read about other churches' successes with FAN, and find the interest form at [prevention.sph.sc.edu/projects/fantraining.htm](http://prevention.sph.sc.edu/projects/fantraining.htm)

*“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.”  
III John 1:2 (NKJV)*

