



Organizing Your Church FAN Committee

FAN is a program to increase physical activity and healthy eating among church members. One person cannot put the program into place alone. Think carefully and be creative about who serves on your committee!

Having a well-organized & enthusiastic FAN Committee will help create a church body where the majority of members see and hear encouraging health messages and have increased opportunities for physical activity and healthy eating. **Here are some suggestions for who you might include as members of your FAN committee:**

- FAN Champion and Coordinator (this could be your Health Ministry Director or someone else who is motivated about health and has the time and energy to coordinate the program)
- Pastor (strongly recommended)
- Health Ministry Director (strongly recommended, if your church has a Health Director)
- Hospitality or lead kitchen staff or menu planner (strongly recommended)
- Nurse, Registered Dietician, or any other health professional at your church
- Church member who is also a fitness instructor or personal trainer
- Leaders of auxiliary teams that involve special groups such as youth, young adults, seniors or singles
- Anyone at your church who can be creative and motivate members to be more active and eat healthier!

These are just examples of people you might consider. Think quality over quantity. You want people you can count on who will be committed to FAN and its goals. Committee members should be people who can motivate your church, are good role models, and who represent a cross-section of your congregation (men, women, youth, seniors, etc.).

FAN Committee Members will be asked to do the following:

- Attend your FAN planning committee meetings
- Speak to groups in your church about the importance of physical activity and healthy eating
- Help groups in your church plan for how to include physical activity and healthy eating in their regular meetings
- Take a key role in making sure the FAN program is put into place in your church
- Plan menus and snacks that support FAN goals
- Be a true advocate and champion for physical activity and healthy eating!