



# Toolkit

Resources for inspiring healthy eating and physical activity in your church, school and community



In partnership with



Channel 368 DIRECTV



THE SEVENTH-DAY ADVENTIST INITIATIVE TO MOBILIZE EVERY MEMBER TO GET IN STEP FOR LIFE AND MAKE A SIGNIFICANT IMPACT ON CHILD OBESITY



This toolkit was produced by the North American Division Health Ministries Department, in collaboration with Adventist Community Services, Children's Ministries, Education and Youth Ministries for the purpose of mobilizing our children, youth, churches, schools, universities, health professionals and communities to get in step for life and make a significant impact on childhood obesity.

You can find more ideas and resources at [www.AdventistsInStepForLife.org](http://www.AdventistsInStepForLife.org)



*Adventists InStep for Life* is partnering with the national *Let's Move* initiative to fight child obesity.



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# 1. General Overview

## 1.1 Inside this toolkit

Welcome to the *Adventists InStep for Life* toolkit, which has been prepared by the North American Division Health Ministries Department, in collaboration with Adventist Community Services, Children's Ministries, Education, Youth Ministries, and many people like you who are concerned about the challenges facing our children's health.

The aim of this toolkit is to assist Adventist churches, schools and health care organizations in devising a strategy to help tackle the challenge of childhood obesity. The toolkit offers advice on how to develop an *Adventists InStep for Life* team that can plan and implement a strategy that works for your organization; information for carrying out our primary goals of promoting physical activity, hosting a summer feeding site, and starting a community garden; ideas for churches, schools, universities and health care organizations; and more.

The following additional materials are available at [www.AdventistsInStepForLife.org](http://www.AdventistsInStepForLife.org) or by contacting AdventSource at [www.adventsource.org](http://www.adventsource.org) or 1-800-328-0525:

- Promotional materials – fact sheet, brochures, bulletin inserts, videos, posters and banners
- PowerPoint presentations
- *Adventists InStep for Life* commitment form
- North American Division *Adventists InStep for Life* Awards
- Website for additional information, stories of groups working on these issues, and reporting your activities
- Accessible group reports and management of goals/entries
- Individual and institutional awards
- Coordinator resources – logos, stickers, pedometers, hats (caps) and much more

Many of you are already actively involved in activities that address childhood obesity. We thank you for all you are doing and encourage you to explore this toolkit for ideas to strengthen your program. If you are not already involved, we encourage you to consider taking on one or more of the activities described in this toolkit. We'd like to hear about and highlight your commitment and stories, so please contact us at [www.AdventistsInStepForLife.org](http://www.AdventistsInStepForLife.org).

## 1.2 How to use this toolkit

This toolkit provides background, initial ideas, guidance and resources for you to consider as you explore ways your organization can respond to the challenge of childhood obesity. You may read it cover-to-cover, or skim through the contents to identify the sections most relevant to you. Section 7 is arranged by organization type, and is intended to jumpstart your creative thinking for how you can implement the *Adventists InStep for Life* initiative. You won't want to miss the following sections:

**2.4 North American Division Goals**

**3.2 Adventists InStep for Life Teams**

**3.5 Reporting**

**3.6 Adventists InStep for Life Awards**

**4.3 Let's Move Day**





## 2. The Childhood Obesity Challenge

### 2.1 Did You Know . . .

- Over the past three decades, childhood obesity rates in America have tripled.
- Nearly one in three children in America is overweight or obese. The numbers are even higher in African American and Hispanic communities, where nearly 40% of the children are overweight or obese.
- A child who is obese at the ages of 10-13 has an 80% chance of being obese as an adult.
- Our children make up the first generation in history to grow up less healthy than their parents.
- Today, doctors are seeing diabetes, hypertension, kidney disease, and heart disease—which once affected only older adults—striking children as young as six years old.
- If we don't solve this problem, one third of all children born in 2000 or later will suffer from diabetes at some point in their lives.
- That escalating rates of child obesity pose a serious threat to national security, since 27% of 17-24 year-olds in the United States are too big to serve in the military.
- 70% adolescents are overweight or obese
- Adolescents who are obese have a 90% risk of being obese as adults

### 2.2 The Call: Let's Move!

Childhood obesity is real and it has been declared an epidemic affecting children and families across all ages, races, and socioeconomic statuses. Over 35% of children are struggling with weight and the seriousness of its consequences we are now seeing in the forms of heart disease, diabetes and hypertension (among many others) once thought to be adult-only diseases. It is threatening the longevity of this generation of children who are not expected to live as long as their parents.

A definite and drastic change in our society and culture are primarily responsible for the seriousness of this health issue. Healthy habits have been placed lower on our “to-do” lists. No longer is it a priority to get outside in the fresh air and stay active. Stress and financial worries drive parents to work long hours. Balanced, home-cooked meals with fresh fruits, vegetables, and grains have been

“Although chronic health conditions are hard to define, it is estimated that about 15% to 18% of children in the United States live with them. Many of these are preventable with proper nutrition and exercise. It is wonderful that the Seventh-day Adventist Church will be partnering with others to make a difference in the health of our children.”

—Phyllis Washington  
North American Division  
Children’s Ministries Director



replaced with low-nutrient fast foods. Vitally important family meal time to foster communication and healthy eating has been lost in the shuffle. Technology occupies our free time. And we have allowed the media to place overwhelming pressure on our children to be “perfect” according to their unrealistic standards.

Childhood obesity is complex. The documentary called the “Weight of the Nation” developed by National Institutes of Health, Institutes of Medicine, Centers for Disease Control and HBO, demonstrates the many causes and factors contributing to this epidemic (See [www.TheWeightoftheNation.hbo.com/fims](http://www.TheWeightoftheNation.hbo.com/fims)). The answers to solving this issue are even more so. It will continue to be a great challenge for many years to come. Fully understanding the problem at hand is the key to successfully tackling it – coming together and sharing what we know while putting it into action will certainly make a difference!

So what are we waiting for...let’s move!

Angela M. Fals, MD, FAAP  
Medical Director, Center for Child and Family Wellness  
Florida Hospital for Children

## 2.3 Our Opportunity

In 2010 First Lady Michelle Obama launched *Let’s Move* to fight the epidemic of childhood obesity. The Seventh-day Adventist Church has joined some 50 other faith and community organizations in supporting this national initiative.

The Seventh-day Adventist Church has long promoted a message of healthful living. *Adventists InStep for Life* is an opportunity to live and share this message in a broader context and make a positive impact for Christ. It is an opportunity to make our schools healthier places by providing quality nutrition, integrating physical activity during the day, and teaching children about the importance of a healthy, active lifestyle. And it is also an



opportunity to partner with our community and show that we care as we make our neighborhoods healthier by creating safe places for physical activity and providing access to affordable, healthy food.

Our role model is Christ and we are reminded that “His method alone will bring true success in reaching people.” What did He do? Inspiration and Scripture tell us that He “mingled” with people and ministered to their needs, before asking them to follow Him (*Ministry of Healing*, p. 143). If we want to make an impact in people’s lives we must start by meeting the needs around us. Needs such as the obesity epidemic.

What can Adventists do? Many years ago Adventists took the tobacco “epidemic” and engaged with the community to make a difference. We offered the *Five-Day Plan to Stop Smoking*, as well as partnered with community organizations and policy makers to change the course of smoking around the world. Years later we now see the prevalence of smoking being reduced in the United States and other parts of the world. Now we have the opportunity to do the same with the obesity epidemic. The key again is to make connections and build bridges in the community so we can have a similar positive impact in the health of families and communities today. This effort will take collaboration from Adventist ministries and institutions, as well as the creation of partnerships in our communities.

*Adventists InStep for Life* is the Adventist response to the childhood and adult epidemic of obesity. Please join us in following Christ’s example of mingling, showing sympathy, and meeting this current need around us. Let’s work together to encourage, support and track commitments to healthier lifestyles. God can bring incredible success as we follow His method to reach out in love to individuals and families in our communities. Join us: “Choose Full Life and Tell the World.”

Katia Reinert, MSN, CRNP, FNP-BC, PHCNS-BC  
Director, North American Division Health Ministries

## 2.4 North American Division Goals

The North American Division has set the following annual goals for *Adventists InStep for Life*:

1. Increase physical activity by:
  - Accumulating 2 million physical activity miles through walking and other physical activities
  - 60% of Adventist students achieving the Presidential Active Lifestyle Award (United States only) or NAD Active Lifestyle Award

2. Focus on nutrition and increased fruit and vegetable servings by:
  - Launching 100 summer feeding sites (at least one church and one school site per conference)
  - Starting 100 vegetable gardens or farmer's markets (at least one church and one school garden or market per conference)
3. Engage kids, youth, parents, schools and the community in working together to fight obesity

## 2.5 Key Messages

This is our time! As a church we have long talked about the importance of not just healthy minds and hearts but also healthy bodies. Our culture is coming to grips with its health crises and we have a message for the times. *Adventists InStep for Life* is a wonderful means for advancing our emphasis on health among kids and their families. I see this as a program that all 1.1 million Adventists in the North American Division can take part in and encourage their community to embrace.

Dan Jackson, President  
North American Division of Seventh-day Adventists

God has entrusted to the Seventh-day Adventist Church some of the most precious truths ever given to proclaim to this world. Our Biblical understanding of Christ's message of salvation includes nurturing the whole person in every area of life—physically, mentally, socially, and spiritually. The Biblical message is a balanced message. It is important that we encourage people to allow God to lead in every area of living. One of the best ways is to start with our health since our bodies are the temple of the Holy Spirit. In addition, we need to reach out to those around us in helping to meet their needs as Christ did. In line with this, we are encouraging our church members to become involved in a national health initiative called, *Let's Move*, which emphasizes appropriate exercise and healthy living especially for children and young people. Let us all become better acquainted with God's wish in 3 John 2 that we be in physical health even as we are in spiritual health. We can help ourselves and others by participating in a healthy lifestyle during the *Adventists InStep for Life* initiative. What a privilege, through the power of the Holy Spirit, to live healthy lives for the Lord!

Ted N. C. Wilson, President  
General Conference of Seventh-day Adventists



## 3. Meeting the Challenge

### 3.1 Before You Begin

Prayerfully consider how God wants your organization to get involved in meeting the obesity challenge in your community. Make sure you fully understand the issues of childhood obesity and how it is impacting your family, school, church and community. Review this toolkit to familiarize yourself with the goals and possible action steps you can take. Then begin introducing the *Adventists InStep for Life* initiative to key leaders and people you feel might be interested in taking on this challenge.

### 3.2 Adventists InStep for Life Teams

Every union, conference, church, school, university and health care organization in the North American Division is encouraged to form an *Adventists InStep for Life* team to coordinate activities that inspire healthy eating and physical activity and further awareness of childhood obesity. Individually we are limited in what we can accomplish. The metaphor of the body in Romans 12 reminds us that we function best as a whole. Each of us has a role to play in reducing childhood obesity. Together we can make a difference!

#### Who to Include

On the North American Division level, the *Adventists InStep for Life* team is made up of directors from the Adventists Community Services, Children's Ministries, Communication, Education, Health Ministries, family ministries, women's ministries, disabilities' ministries, adventist chaplaincy association, ministerial department, and Youth departments. We've also included key leaders from health care, universities, corporate wellness and the private sector. Each has brought a unique perspective to the challenge of childhood obesity and strategies for meeting this challenge as a church.

Prayerfully consider who you can invite to join you in your organization's fight against childhood obesity. Include ministry leaders, health professionals, teachers, parents, youth, and people with a strong interest in health. Create a diverse group that includes people from various backgrounds. Personally invite each one to a meeting to explore how your team can get involved.

“The world will be convinced, not by what the pulpit teaches, but by what the church lives.”

—Ellen White

*Testimonies to the Church, Vol 7, p. 16*



## **Adventists InStep for Life Coordinator**

Each union, conference, church, school, university and health care organization needs to have an *Adventists InStep for Life* coordinator, whether or not you have formed a team. The *Adventists InStep for Life* team coordinator will be the person who will coordinate the team in carrying out their responsibilities (see below), register your site online, order materials, submit monthly reporting, and access summary reports. This individual will also receive ongoing information and email updates about the *Adventists InStep for Life* initiative. Each site can only have ONE coordinator.

## **Team Responsibilities**

- Select a team coordinator, if you do not yet have one (see above).
- Become acquainted with the challenges of childhood obesity and the *Adventists InStep for Life* initiative.
- Explore how this initiative fits into your organization’s vision, mission, and existing ministries. Discuss such questions as, Why are we doing this? Does it fit our mission? What does God want to accomplish through us?
- Assess your organization and the community you serve through the lens of childhood obesity. Utilize surveys, focus groups, and meetings with key leaders to learn about the demographics and needs of your members and community. What are people most concerned about? How is the issue of childhood obesity affecting them? What challenges are they facing in getting nutritious foods and meeting the recommendations for physical activity?
- Identify the resources in your organization and community. Who would support this initiative? What are their skills and interests? What programs already exist that address the issues related to childhood obesity? What is missing?

- Brainstorm ways to meet the *Adventists InStep for Life* goals in your organization and community. Use the action steps in section 7 of this toolkit to jumpstart your creative thinking. Define your priorities and set realistic organizational goals. For example, a church might start a walking club that meets 30 minutes before prayer meeting and host a summer feeding site during Vacation Bible School. A school might integrate the NAD and Presidential Active Lifestyle Awards into their curriculum and begin a community garden. A university might sponsor a 5K run/walk for the community. A health care organization might partner with local farmers to bring a farmers' market into areas of the community that don't have access to fresh fruits and vegetables.
- Introduce the *Adventists InStep for Life* initiative and the goals you have set to your conference, church, school, university, or health care institution. Identify the best way to communicate with your target audience. It is important to keep this initiative before them regularly through announcements, posters, PowerPoint presentations, newsletters, etc.
- Carry out your plan to motivate and activate your members and community to engage in and promote a healthy lifestyle, meeting regularly to evaluate its effectiveness. What have you learned? What do you see as your next step? Measurement and evaluation are essential components of all programs to ensure that your efforts are making a difference.
- Recognize the accomplishments of your members in physical activity and other achievements related to your goals.
- Report your organization's activities (miles, feeding sites, gardens, farmers' markets) and stories at [www.AdventistsInStepForLife.org](http://www.AdventistsInStepForLife.org).

**OUR GOAL:** Engage kids, youth, parents, schools and the community in working together to fight obesity





### 3.3 Building Partnerships

When we look at all the factors that affect childhood obesity, it is almost an overwhelming task to consider how any one organization can influence the changes necessary to bring about significant improvements in their community. No one conference, church, school, university or health care organization can accomplish the tasks required. We must look for partners with like mission, parallel vision, commitment and understanding of the needs of the community. Building partnerships makes a difference in what we can accomplish in fighting the obesity epidemic.

Community partnerships are made when people of like goals and similar objectives begin to work together to make a difference for the individuals they seek to serve. Partnering helps us achieve our mutual goals, make better use of resources, share expertise, target efforts, and keep all parties in the community strong. As Adventists, it also provides opportunities to break down prejudice and advance God's work.

Begin with an Internet search of "childhood obesity" and the name of your city or county. Call your local hospital, public health department or Chamber of Commerce to survey what agencies, services, and materials are available in your community to address nutrition, physical activity, and childhood obesity. Schedule appointments to get acquainted and share what your organization is doing. Which agencies serve the same population that your organization serves? Who is already championing the cause of childhood obesity? Who might jump on board? What needs and gaps exist? What resources are available?



Each community contact can easily lead to another as you discover ways to link ideas, projects and people. A great question to ask is, Who else should we talk with about this? As you become familiar with health issues prevalent in your community, stay active by serving on agency boards or committees, and attending community health programs and events. We need each other in order to have a healthy community.

### 3.4 Funding

Although some ministry outreach projects can be self-funded, most require additional funds to meet expenses. If you feel that God has called your organization to a specific ministry, then He will provide these funds. Asking for aid is an honorable way of searching for the resources God is ready to provide.

Special offerings and fundraisers can provide opportunities for members and friends to contribute toward the project. Another option for funding is through grants. Grants can come in the form of money or gifts in-kind, such as donated products, services, or physical space. There are many different types of church grants available, but they basically fall into three categories:

- 1. Denominational Grants.** Check your local conference for grants available through Adventist Community Services, wills/trusts, evangelism, ingathering reversion, and other special funds. Conferences and unions may contact NAD Adventist Community Services to explore possible funding opportunities.
- 2. Government Grants.** The U.S. government provides faith-based grants to churches, ministries, and non-profits involved in carrying out social work which the government is interested in seeing, such as emergency food and shelter programs and feeding site programs.





**3. Private Grants.** Private grants are funded by an individual, business, or organization. Small local businesses will sometimes provide assistance to a local church or school if there is a specific ministry purpose of helping the community. Ask your members for suggestions of foundations, charities, businesses, church groups, government agencies, and corporations that offer grants.

Most churches have not explored the potential of receiving grant funding to carry out ministry in their community, but it isn't that difficult. It just takes an understanding of the grantmaker's guidelines (such as matching funds, community partnerships, sustainability of your project, etc.) and how to write an effective proposal. Resources, such as [www.foundationcenter.org](http://www.foundationcenter.org), list grant-giving organizations by subject and geographic area. [Churchgrants.org](http://Churchgrants.org) offers specific information and resources for churches seeking grants. There are also resources online and at your local library that provide information on how to write grant proposals. The services of an experienced grantwriter can be invaluable for both finding and writing grants. Keep in mind that grants require annual reports regarding the outcomes of your project and an accounting of funds utilized.

### 3.5 Reporting

We encourage as many people as possible to log their physical activity participation online. For ease of reporting, there is a 13-week online activity log that individuals may use to report daily, weekly, or monthly physical activity. You may also download a printable log for tracking daily, weekly, and monthly totals. If used, the printable logs are to be collected by the local *Adventists InStep for Life* coordinator and submitted in the monthly online report.

In addition, the team coordinator will report other activities, such as the number of new feeding sites, gardens, farmers' markets, and PALA awards achieved (schools).

Please visit [www.AdventistsInStepForLife.org](http://www.AdventistsInStepForLife.org) for more details on reporting.



### 3.6 Adventists InStep for Life Awards

The North American Division has created *Adventists InStep for Life* Awards for recognizing individual and organizational participation and achievement. In order to receive the awards, activities must be reported online.

#### Physical Activity Awards

Two awards are available for adults and youth who commit to regular physical activity. The Presidential Active Lifestyle Award (United States only) and the NAD Active Lifestyle Award are described in detail in Section 4.2.

#### Organizational Awards

In addition, the North American division will recognize unions, conferences, churches, schools, and healthcare organizations for their participation and involvement.

These organizational awards will be awarded during the Adventist Instep for Life Award Celebration held annually at the NAD Health Summit.





### Participation Awards

- The North American Division will recognize conferences, churches, schools, universities and health care organizations for the maximum participation rates of members, students, and employees.
- Participation rates will be in four categories:
  - Physical activity miles
  - Presidential Active Lifestyle Awards and NAD Active Lifestyle Awards
  - Gardens and/or farmers' markets
  - Summer feeding sites

Please visit [www.AdventistsInStepForLife.org](http://www.AdventistsInStepForLife.org) for more detailed information on the awards.



## 4. Promote Physical Activity

### 4.1 Physical Activity Miles

Churches and schools possess a number of unique resources and abilities that make them ideal for fostering physical activity. First, there is a built-in social support network for individuals, couples, families and friends to come together and work toward the common goal of incorporating physical activity into daily life. Also, these institutions often have the open space or tools available to host activities, making them a perfect setting for the *Adventists InStep for Life* initiative.

Getting started is easy, and can be tailored to activities that suit the group or individual's needs. It consists of three simple steps:

- 1. Get a pedometer.** With the help of an inexpensive pedometer you can track your physical activity. Research shows that people who use a pedometer naturally walk more than those without one. Pedometers are available at [www.AdventistsInStepForLife.org](http://www.AdventistsInStepForLife.org) or at many local sporting goods stores. On average, 2000 steps is equivalent to one mile. If you don't have a pedometer, you can also keep track of minutes of activity. A downloadable conversion chart is available on our website.
- 2. Start walking.** The average person is probably already walking one to two miles over the course of a day. Our goal is to encourage them to gradually increase their daily physical activity so they are walking the equivalent of four to five miles a day. One of the keys for sustained motivation is the ongoing encouragement, inspiration, group activities, and challenges that your organization provides.
- 3. Log physical activity.** People are more likely to succeed in increasing their fitness level if they see their progress over time. Encourage members to use the online or printable 13-week exercise record log.

Make it fun! The goal is to get people moving and to make it a part of their daily lives. The best way to foster that is to make it enjoyable and to foster a culture where physical activity is the norm. If you already have an exercise initiative, incorporate *Adventists InStep for Life* goals into what you are doing. Invite members to share how exercise has made a difference in their lives. Set a number of goal miles to reach as an organization. Walk across your state (virtually) or to a chosen destination. Many faith communities have used programs such as Walk to Jerusalem, Walk to Bethlehem, or Walking Paul's Missionary Journeys, logging thousands of miles altogether. You can also create teams using family

OUR GOAL: 2 million physical activity miles through walking and other physical activities

*“Adventists InStep for Life is an important program that our NPUC churches and schools support. This program affirms the principle of exercise that has been part our church’s health message for decades.”*

—John Loor, Jr.  
North Pacific Union Conference  
Health Ministries Director



units, Sabbath School classes, or other existing groups in your organization. Place a map in a strategic location to chart progress and create markers to indicate the distance that each team has walked.

Encourage participants to use the online reporting system at [www.AdventistsInStepForLife.org](http://www.AdventistsInStepForLife.org) or you may have participants turn in the number of miles achieved to your team coordinator to submit. Reports will be available that will help you track progress for your organization and see how your organization ranks within your conference, union, and the division.

Resources available at [www.AdventistsInStepForLife.org](http://www.AdventistsInStepForLife.org) include:

- Instructions for getting started
- An article and PowerPoint presentation on the benefits of physical activity
- A Physical Activity Readiness Questionnaire (PAR-Q)
- Exercise Guidelines
- A 13-week exercise record log
- Certificate awards
- *Adventists InStep for Life* pins, t-shirts and caps

## 4.2 Physical Activity Awards

### Presidential Active Lifestyle Awards (United States only)

The Presidential Active Lifestyle Award (PALA) is a challenge for both children and adults to build healthy habits by committing to regular physical activity five days a week, for six weeks. Participating in the President’s Challenge is one way for kids to become more physically active and help America solve the challenge of childhood obesity. The Active Lifestyle Program is designed to help people make a commitment to staying active and sticking to it. Almost any activity counts as long as it involves moving the large muscle groups in

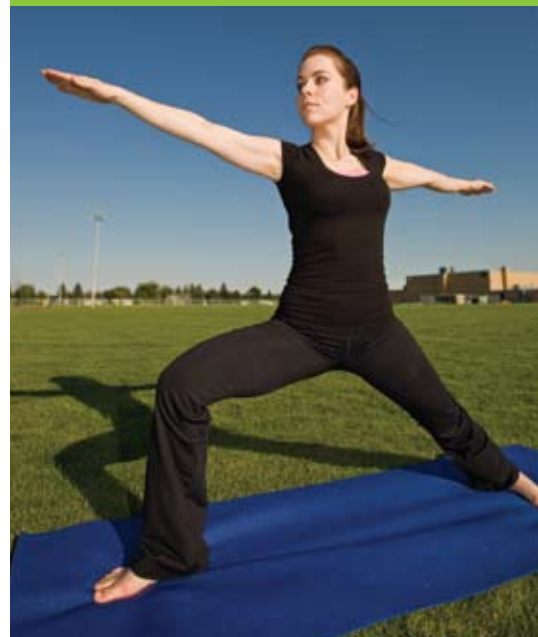
the body. It helps adults get active at least 30 minutes a day/five days per week and youth ages 6-17 get active at least 60 minutes a day/five days per week. Teachers, parents, youth leaders, Pathfinder directors and others working with students can use this program in many different settings. Here are a few suggestions for making it a success.

- **Explain the goal of the program.** Students need to understand why staying active is important. You should also share this goal with other teachers, parents and recreation leaders.
- **Encourage students.** Try to offer as much flexibility for students as possible. Include activities that don't require equipment or group participation. Encourage outdoor activities. When possible, distribute awards in a public setting to give wide recognition to students who have completed the program.
- **Explain what's required.** The idea behind the Active Lifestyle Program is to let students find activities they like. The goal is for students to meet their daily activity goal (60 minutes a day) at least 5 days a week, for a total of 6 weeks (taking up to 8 weeks to complete the program).
- **Complete the activity log.** Have students track their progress with the online activity log at [www.presidentschallenge.org](http://www.presidentschallenge.org) or on paper by downloading an activity log from [www.presidentschallenge.org/pdf/pala\\_activity\\_log.pdf](http://www.presidentschallenge.org/pdf/pala_activity_log.pdf).
- **Create a little friendly competition.** Between school classrooms, faculty and staff, Sabbath School classes, etc.
- **Order awards.** Visit [www.presidentschallenge.org](http://www.presidentschallenge.org) for information on how to order awards for your students. Students should not be asked to pay for their own awards.

OUR GOAL: 60% of Adventist students achieving the Presidential Active Lifestyle Award (United States only) or NAD Active Lifestyle Award

*"Churches with ongoing Adventists InStep for Life programs have reported stories of people who have been able to reduce and in some cases eliminate medications as the result of a consistent exercise program. Physical activity is powerful medicine! It can change your life."*

—E. W. Dempsey  
Georgia-Cumberland Conference  
Health Ministries Director







### NAD Active Lifestyle Awards

In addition to the Presidential Active Lifestyle Award described above, the North American Division has also created an Active Lifestyle Award for recognizing individual achievement in maintaining an active lifestyle. This is especially useful outside the United States, although any individual or organization in the NAD may participate.

Individual adults and children may achieve award certificates every 13 weeks, as follows:

- Bronze Award Certificate for reaching 100 miles
- Silver Award Certificate for reaching 150 miles
- Gold Award Certificate for reaching 200 miles
- Platinum Award Certificate for reaching 250 miles

In addition, individuals that are very goal-oriented may be inducted into the 500, 1000, 1500, or 2000 mile clubs after completing the respective number of physical activity miles in one year.

Your local coordinator may print the award certificates from the *Adventists InStep for Life* website. Besides certificates, your organization may purchase pins, caps, t-shirts, and other *Adventists InStep for Life* items to use in recognizing the achievements of your participants.

### Recognition

Recognition is often more powerful than any motivator, as it becomes a memory that is relived over and over. Thus, recognizing the achievements of your participants should be an important part of your organization's strategy in fighting childhood obesity. Following are a few low-cost recognition ideas:

- Have a monthly *Adventists InStep for Life* moment, during which you share stories and recognize at least one person. Interview them and capture their experience and wisdom.

- Put up a bulletin board that highlights the accomplishments of adults and youth.
- Compile quotes, stories and photos in a bulletin insert, newsletter article, or poster.
- Create a homemade funny trophy that is appropriate to what is being recognized.
- Send a letter of praise to an individual or student (this can be powerful).
- Pass around a trophy each quarter to the highest stepper of the 13-week period.
- Submit information about an individual's achievement to the local newspaper.



“Please plan on involving each of your schools, *Let’s Move Day*. Place the day and special event on your calendars and agendas. Let’s make this a ‘high day’ for improved health.”

—Ham Canosa  
Columbia Union Conference  
Educational Superintendent

“In the Columbia Union, many congregations are already leading the way in health promotion via the CHIP program and other nutrition and exercise programs. Kettering Adventist Church’s Women’s Ministry team is planning a 3K fun walk, to celebrate *Let’s Move Day*. Pink t-shirts with *Let’s Move* logos will be given away and family members and congregants of all ages will be invited to join in the fun.”

—Chris VanDenburgh  
Kettering Health Network Coordinator of  
Faith Community Nursing & Health Ministry



### 4.3 Let’s Move Day

The North American Division has set aside the 3rd weekend in September (see website for specific date) as Let’s Move Week. During this week, churches, schools and health care organizations can choose one day to mark as *Let’s Move Day*. Our goal is to get as many people possible involved in physical activity on that day. Consider what kind of event your church, school, university or hospital can sponsor and/or promote—a group walk in the park, youth sports event, organized 5K run/walk, or any other event involving physical activity. Invite other community groups, like the local health department, a university, church, or other agencies, to partner with you. Your event will create community awareness for childhood obesity and can also be used as a fundraiser for other projects, such as a community garden. You can also join an existing community event. Whatever your organization plans, remember to invite your community to join you as we move together and promote a healthier lifestyle.

The local *Adventists InStep for Life* coordinator will be responsible to report the collective miles (or physical activity equivalent) of members and community friends participating in your event on the website, as they will count toward our 2 million mile goal. In fact, we could easily meet or exceed that goal in one day! Do the math: If 2500 institutions participated, involving 200 members (who also invited 200 community friends), and they averaged 2 miles each...  $2500 \times (200 + 200) \times 2 = 2 \text{ million miles!}$

Plan to order the special issue of *Vibrant Life* which deals with Obesity and discusses the LET’S MOVE initiative. You may gift community members who sign up for your event and disseminate this high quality health magazine among your friend and co-workers.

Resources for promoting your event will be available on the *Adventists InStep for Life* website.



## 4.4 Organizing Run/Walk Events

A run/walk event, such as a 5K, can be a powerful community building event to bring people together, inspire healthy living, and promote awareness of a cause like childhood obesity. Part of your decision to organize an event like this will be based on the needs in your community and the resources available to you.

Not only does a run/walk event promote awareness of childhood obesity, but if used as a fundraiser, it can be another way that your church, school or organization can make a significant contribution to the needs of the community as funds raised by the event are able to provide support for a specific school, feeding site, farmer's market, community garden, local food pantry, or other community program. Connecting a specific cause like childhood obesity to a local community need can greatly increase participation and unlock access to the resources of local institutions and businesses.

In addition, a run/walk event can be a way to follow Christ's example of mingling, building relationships, showing compassion, and ministering to needs. For example, you can:

- Offer 5K coaching and practice runs for first-time runner/walkers prior to event (include relationship building activities, prayer before training, etc.).
- Include literature in race packets (*Vibrant Life* special issue, brochure about Adventists, your church/school/hospital newsletter).
- Mingle! Have volunteers to chat with the runners before/after the race.
- Plan an open house, ministry/health fair, kids activities, or other event at the same time.
- Serve a free vegetarian brunch after the race.

"The Columbia Union will give full support to the *Adventists InStep for Life* initiative and we hope to have several 5K events in our Union highlighting this initiative."

—Dave Weigley  
Columbia Union Conference President

"Let's Move Day is one of the most important health initiatives happening anywhere in the country right now. The Vibrant Life FunRun and Walk is proud to be a part of this special day, because it is an excellent way to connect with people in our community and let them know how much we care about their health and well-being. Each year, Let's Move Day is one of the events that everyone at Review and Herald Publishing Association circles on their calendar!"

—Dawain Esmond  
Vice President for Editorial Services  
(For details about the upcoming race visit [www.vibrantlife.com](http://www.vibrantlife.com))





- Give away door prizes. (Give participants tickets to place in containers for various prizes, such as items donated from the ABC, local Christian book store, health food store, or fitness center. You can also include certificates for services that members can donate – oil change, snow removal, resume update, tax return, hair cut, etc.)
- Before start of race, introduce our faith, why we're hosting the run, and have prayer.
- Intersperse signs on course highlighting facts about childhood obesity and inspirational scripture passages that utilize running metaphors.
- Give God glory at the award ceremony. Introduce the pastor, who can give a short devotional thought. Or invite a guest speaker.
- Send a follow-up letter thanking sponsors and runners for participating and inviting them to other events or community projects.

## Resources

- A guide for organizing a run/walk event  
[www.AdventistsInStepForLife.org](http://www.AdventistsInStepForLife.org)
- Organizing a 5K Race: An Insider's Guide  
[www.woofinhoofin.org/page9.php](http://www.woofinhoofin.org/page9.php)
- Runner's World Race Director Checklist  
[www.runnersworld.com/article/0,7120,s6-239-422--12718-0,00.html](http://www.runnersworld.com/article/0,7120,s6-239-422--12718-0,00.html)
- Guidelines for Organizing 5K Walks & Runs  
[www.ehow.com/how\\_8210195\\_organize-5k-walks-runs.html](http://www.ehow.com/how_8210195_organize-5k-walks-runs.html)



## 5. Feed a Child

During the school year, many children receive free and reduced-price breakfast and lunch through the National School Breakfast and Lunch Programs. But often nutritious meals are not available during the summer months when school is out. Each summer, 22.3 million students are at risk of going hungry or depending on less nutritious food when the school year ends and school lunches are no longer available. For many children, school meals are the only complete and nutritious meals they eat, and in the summer they go without. This gap makes children more prone to hunger, poor nutrition, obesity, illness, and decreased performance once school begins again.

The Summer Food Service Program (SFSP) is a federally funded program designed to ensure that school-aged children in lower income areas continue to receive nutritious meals during long school vacations when they do not have access to school lunch or breakfast. But only a fraction of the children in need are reached due to a lack of feeding sites. Faith-based organizations can work to fill the summer meal gap and help keep children eating healthy while school is out by partnering with the SFSP to sponsor, host, or provide volunteers for a feeding site.



**OUR GOAL:** Launch 100 summer feeding sites (at least one church and one school site per conference)

“God has called us to servanthood – this is not negotiable. We are called to maintain and improve social conditions of society for the Kingdom of God. We are commanded to create new social values, based on Biblical principles. We are commissioned to become change makers through serving Christ. We follow Jesus in humble and loving servanthood, as He Himself was the humble Servant.”

—Sung Kwon  
North American Division  
Adventist Community Services Director



## 5.1 How You Can Help

There are several ways your organization can become involved with the SFSP.

- **Become a Sponsor.** Conference ACS Directors and Education Superintendants, health care organizations, and larger churches can apply to become an SFSP sponsor. Basically this means organizing the summer feeding program in your area by providing administrative support, managing the state agreement, coordinating food preparation and delivery to the feeding sites, etc. A sponsor may provide its own meals, purchase meals through an agreement with an area school, or contract for meals with a food vendor.
- **Host a Feeding Site.** A feeding site is the physical location where food is served. Your church, school, or university could host a feeding site at your facility, working with a sponsor that is financially and administratively responsible for the meal service. You can coordinate your site participation with Vacation Bible School, cool camp, sports camp, or other youth activity programs that keep the interest of the children and teens coming back to the site day after day. Your responsibilities would also include promoting the program in the community.
- **Provide Volunteers.** Feeding children takes lots of volunteers to help with transporting food, preparing and serving meals, and setting up or cleaning up a site. Also needed are educational or recreational activities, such as arts and crafts, tutoring, mentoring, drama, sports, computer training, music, gardening, reading programs, cooking or any other creative ideas you may have.

“The Southern Union Conference  
definitely says YES! to healthy kids and  
families.”

—Allan R. Williamson  
Southern Union Conference  
Health Ministries Director

## 5.2 What You Need to Know

Be sure to check out the following resources and information:

- **Free Guide.** “A Guide to Starting the Summer Food Service Program in Your Community” is available by download from [www.fns.usda.gov/cnd/summer/library/guide.pdf](http://www.fns.usda.gov/cnd/summer/library/guide.pdf).
- **Free Webinar.** The USDA and the Faith-based and Neighborhood Partnerships Office at the Department of Agriculture co-hosted a webinar specifically for Seventh-day Adventist organizations on April 25, 2011. This webinar, along with others, was recorded and is available online at [www.fns.usda.gov/cnd/summer/webinar.htm](http://www.fns.usda.gov/cnd/summer/webinar.htm).
- **Funding.** Could your congregation or school use free food to feed hungry kids this summer? If you had free meals, could you spend your limited resources on other costs? The SFSP reimburses sponsors, such as schools, recreation centers, churches, camps, playgrounds, parks, and other community organizations for meals served to children during the summer. The reimbursement is based on the number of meals served. A site can serve up to two meals or one meal and one snack per day per child, with no minimum number of children. In 2010, the rate was approximately \$1.85 per breakfast meal served, \$3.25 per lunch/supper meal served, and \$0.76 per snack served. USDA Foods are provided to eligible sponsors.
- **Joint Use Agreements.** For information on creating formal agreements for community access to your buildings and facilities (for any after-hours activities), visit [www.jointuse.org](http://www.jointuse.org).
- **More Information.** Visit [www.fns.usda.gov/cnd/summer](http://www.fns.usda.gov/cnd/summer), call 1-866-348-6479 or contact your state agency that administers the SFSP. View agency listings at [www.fns.usda.gov/cnd/Contacts/StateDirectory.htm](http://www.fns.usda.gov/cnd/Contacts/StateDirectory.htm).







- **Outreach Toolkit.** The USDA also has a toolkit for creating community outreach materials such as flyers, letters to parents, and press releases that will help the community learn about your program. Many of the materials are designed to be customized. You can download PowerPoint files , information sheets, letters, and marketing materials and modify them to suit your specific needs. Visit [www.fns.usda.gov/cnd/summer/Outreach.htm](http://www.fns.usda.gov/cnd/summer/Outreach.htm).
- **Reporting.** Make sure you report your feeding site activities on the *Adventists InStep for Life* website so we can count your activities toward our goals.



## 6. Plant a Garden

During the current economic challenges, now is the time to consider planting a community vegetable garden or starting a farmers' market for those without access to fresh fruits and vegetables and as a constructive way in which to involve your youth. Many churches and schools have open acreage and many towns have unutilized plots of ground. This project will make its way to the tables of the impoverished, enabling their budgets to go farther than anticipated.

### 6.1 Who to Involve

With the involvement of many hands, it is easier to begin a community garden than you imagine. Envision the community, church members, families, and teachers working side by side with students in the greenhouse, garden plots, and classrooms.

- **Involve your youth.** Children can learn from being outdoors and planting a garden, and you can create a bridge between your organization and your community while providing a practical, active, and ongoing gardening program that will enhance youth Sabbath School and classroom instruction. Gardening skills such as design, measurement, calculation, budgeting, record keeping, plant care, etc. can be integrated into computer, math, science, language development, and other subject curricula. Numerous spiritual applications can be made to the growing process. You can involve students in creating a blog to chronicle their community garden's growth and development or in linking your garden's harvest to families in need. Not only is gardening educational, active and service oriented, but it is also fun and encourages children to eat more vegetables. In addition, your church or school can earmark a percentage of the sales of the produce to go toward worthy students, a building campaign, or other designated school need.
- **Involve your clients.** Who are you serving? People who have been helped by your church, school or health care institution may welcome the opportunity to give back. They are often willing to plant, hoe, harvest, and even protect the produce. One homeless person pitched his tent on a church's property to protect their garden. They supplied him with a port-a-potty and other essential needs.
- **Involve your community.** After all, it is a community garden! Master Gardeners and other gardening clubs are often looking to get involved in community gardening projects, and you can gain from their gardening expertise. Find local chicken or steer farms that can supply you with free manure. Many local nurseries will supply free seed and plants. Even larger stores,

“Our goal is that each of the 150 plus churches in the Northern California Conference will get involved by encouraging both members and community to participate in a healthier lifestyle. Already over 15 churches are preparing gardens to provide fresh vegetables to the needy in their communities. Other congregations are working with charitable organizations to provide meals for families, particularly during the summer season when they do not have access to school lunch programs.”

—Gordon Botting  
Northern California Conference  
Health Ministry Director



such as Lowe's, are often willing to donate what is left over from last week's supply of plants. With a little tender, loving care, these plants can produce a harvest. Partnerships with area farmers can provide additional food sources for a farmers' market.

## 6.2 Steps for Starting a Community Garden

The following 11 steps for starting a community garden are adapted from the American Community Garden Association.

1. **Organize a meeting of interested people.** Determine whether a garden is really needed and wanted, what kind it should be (vegetable, flower, both, organic?), whom it will involve and who benefits. Invite neighbors, tenants, community organizations, gardening and horticultural societies, building superintendents (if it is at an apartment building)—in other words, anyone who is likely to be interested.
2. **Form a Planning Committee.** This group can be comprised of people who feel committed to the creation of the garden and have the time to devote to it, at least at this initial stage. Choose well-organized persons as garden coordinators. Form committees to tackle specific tasks: funding and partnerships, youth activities, construction and communication.
3. **Identify all your resources.** Do a community asset assessment. What skills and resources already exist in the community that can aid in the garden's creation? Contact local municipal planners about possible sites, as well as horticultural societies and other local sources of information and assistance. Look within your community for people with experience in landscaping and gardening.
4. **Approach a sponsor.** Some gardens “self-support” through membership dues, but for many, a sponsor is essential for donations of tools, seeds or money. Churches, schools, private businesses or parks and recreation departments are all possible supporters. One garden raised money by selling “square inches” at \$5 each to hundreds of sponsors.



5. **Choose a site.** Consider the amount of daily sunshine (vegetables need at least six hours a day), availability of water, and soil testing for possible pollutants. Find out who owns the land. Can the gardeners get a lease agreement for at least three years? Will public liability insurance be necessary?
6. **Prepare and develop the site.** In most cases, the land will need considerable preparation for planting. Organize volunteer work crews to clean it, gather materials and decide on the design and plot arrangement.
7. **Organize the garden.** Members must decide how many plots are available and how they will be assigned. Allow space for storing tools, making compost and don't forget the pathways between plots! Plant flowers or shrubs around the garden's edges to promote goodwill with non-gardening neighbors, passersby and municipal authorities.
8. **Plan for children.** Consider creating a special garden just for kids—including them is essential. Children are not as interested in the size of the harvest but rather in the process of gardening. A separate area set aside for them allows them to explore the garden at their own speed.
9. **Determine rules and put them in writing.** The gardeners themselves devise the best ground rules. We are more willing to comply with rules that we have had a hand in creating. Ground rules help gardeners to know what is expected of them. Think of it as a code of behavior. Some examples of issues that are best dealt with by agreed upon rules are: Dues—how will the money be used? Will plots be assigned? Will gardeners share the harvest, or will it be sold/donated? Will gardeners share tools, meet regularly, handle basic maintenance?
10. **Help members keep in touch with each other.** Good communication ensures a strong community garden with active participation by all. Some ways to do this are: form a telephone tree, create an email list, form a garden blog, install a rainproof bulletin board in the garden, and have regular celebrations. Community gardens are all about creating and strengthening communities.

**OUR GOAL:** Start 100 vegetable gardens or farmers' markets (at least one church and one school garden or farmer's market per conference)



- 11. Reporting.** Make sure you report your gardening activities on the *Adventists InStep for Life* website so you'll be eligible for awards and so we can count it toward our goals.

## 6.3 Community Garden Resources

- **Free seeds.** For free seeds, visit Operation Green Plant at [www.america-the-beautiful.org/free\\_seeds/index.php](http://www.america-the-beautiful.org/free_seeds/index.php), a project of America the Beautiful Fund. Another source for free seeds and gardening advice is the non-profit Dinner Garden at [www.dinnergarden.org](http://www.dinnergarden.org).
- **Funding.** Surf the Internet for a myriad of available community garden grants, one of which is [www.assoc.garden.org/grants](http://www.assoc.garden.org/grants) sponsored by the National Gardening Association in conjunction with The Home Depot Garden Club that focuses on involvement of children and youth as young learners. Other funding options at [www.kidsgardening.com/grants.asp](http://www.kidsgardening.com/grants.asp) and [www.communitygarden.org/learn/resources/funding-opportunities.php](http://www.communitygarden.org/learn/resources/funding-opportunities.php).
- **Garden design software.** There are many different kinds of garden design software available. Here are two inexpensive online resources. Plan Garden, [www.plangarden.com/education](http://www.plangarden.com/education), offers a discounted subscription rates to schools and qualified non-profit institutions for use of their garden software to design and manage vegetable gardens. Another option is [www.growveg.com](http://www.growveg.com).
- **Let's Move Community Garden Guide** details the government resources available to groups starting garden efforts. A great reference to a range of resources available when starting a garden, including technical assistance, start-up guides, and funding possibilities. [www.letsmove.gov/sites/letsmove.gov/files/pdfs/LetsMoveCommunityGardenGuide0411.pdf](http://www.letsmove.gov/sites/letsmove.gov/files/pdfs/LetsMoveCommunityGardenGuide0411.pdf)
- **More information on starting a community garden.** The Internet offers a plethora of information on starting a community garden. For starters, visit [www.communitygarden.org/learn/starting-a-community-garden.php](http://www.communitygarden.org/learn/starting-a-community-garden.php) and [www.communitygarden.org/docs/startup\\_guide.pdf](http://www.communitygarden.org/docs/startup_guide.pdf). Foodshare.net offers a month-by-month look at starting a community garden at [www.foodshare.net/toolbox\\_month01.htm](http://www.foodshare.net/toolbox_month01.htm). Urban Harvest includes sections on benefits, getting starting with school and youth gardens, and information on organic gardening at [www.urbanharvest.org/cgardens/startguide.html](http://www.urbanharvest.org/cgardens/startguide.html). Cornell Cooperative Extension also offers a helpful guide on how to build safe, raised beds for vegetable gardening at <http://counties.cce.cornell.edu/chemung/agriculture/publications/raised-bed-garden.pdf>.

- **National Junior Master Gardener Program.** [www.jmgkids.us](http://www.jmgkids.us)
- **Register your garden.** If you start a garden in your community, you can register your community garden with the USDA's new directory at [www.pubinfo.usda.gov/garden/Map\\_View.cfm](http://www.pubinfo.usda.gov/garden/Map_View.cfm). To qualify, your garden should benefit the community it is within, incorporate sustainable practices, and be a collaborative effort. You can also register your community garden on their garden map. You can also visit the People's Garden website at [www.usda.gov/peoplesgarden](http://www.usda.gov/peoplesgarden) for practical gardening advice and a community garden blog.

## 6.4 Start a Farmers' Market

Another strategy for bringing fresh, healthy food into an urban area is by starting a farmers' market. It can be as simple as selling the produce you grow, or partnering with farmers to bring produce in from rural areas. One hospital held "Market Mondays" and arranged for a local farmer to set up a farm stand outside the hospital front doors every Monday during the growing season. An inner city church had farmers sell produce out of the back of a pickup truck in the church parking lot on Wednesday evenings before prayer meeting.

There are several factors to consider in starting a weekly farmers' market, such as:

- Potential site for the market (think about serving your community; your facility might not be the best location)
- Food sources
- Duration of the farmers' market, including dates and hours the market will be open
- Staffing the farmers' market (volunteering to set up or break down a farmers' market is also a good source of physical activity for teens)
- Parking
- Insurance and permits
- Funding sources
- Other interested community partners who can collaborate
- Promotion and signage



Make sure you report your farmers' market activities on the *Adventists InStep for Life* website so you'll be eligible for awards and so we can count your activities toward our goals.

For more information, the USDA offers guidance on how to start a farmers' market at [www.ams.usda.gov/AMSV1.0/FARMERSMARKETS](http://www.ams.usda.gov/AMSV1.0/FARMERSMARKETS). Other good resources include your county extension agent or cooperative extension department at local land-grant universities.



## 7. Action Steps

Although not intended to be exhaustive, following are a list of action steps to jump start your team's brainstorming as you explore ways that your organization can get involved in addressing childhood obesity. While listed according to type of organization, feel free to review all of the action steps below.

### 7.1 Churches

- Form an *Adventists InStep for Life* team and choose a coordinator.
- Talk about childhood obesity in newsletters, church bulletins, health nuggets and sermons. Encourage families to make small, simple changes to their daily lives.
- Add *Adventists InStep for Life* activities such as walking clubs, fitness classes, health programs, gardening meetings, or summer food site dates to your church calendar.
- Distribute and encourage members to sign the *Adventists InStep for Life* commitment.
- Host a kick-off event to introduce *Adventists InStep for Life* to families and showcase program activities to members. You can include health screening, mini-workshops, demonstrations, displays, and other fun activities.
- Coordinate an *Adventists InStep for Life* Club and set a walking goal for your church, Sabbath School class, youth group, or Pathfinder club.
- Open your fellowship hall to offer ongoing exercise programs for church and community members.
- Promote the *NAD Adventists InStep for Life* Award.
- Provide healthy selections, including fresh fruits, vegetables and whole grains, at church potlucks.
- Hold a recipe contest and challenge your members and youth to create healthy recipes. This makes a great social event.
- Offer vegetarian cooking, *Complete Health Improvement Project (CHIP)*, *Full Plate Diet*, *SuperFit Family Challenge*, *CREATION Health*, *Food for Thought*, and other healthy lifestyle classes.
- Connect families in your church and community to WIC ([www.fns.usda.gov/wic](http://www.fns.usda.gov/wic)) and SNAP ([www.fns.usda.gov/snap](http://www.fns.usda.gov/snap)) nutrition programs.

“Studies show that maintaining exercise goals is even tougher than nutrition goals for most people. We are encouraging our churches in Michigan to run 18-month health intervention initiatives that include ongoing exercise programs for church and community members. The Lansing Church is an example of a church promoting an exercise initiative, and has two excellent programs on board: a kettle bell class and a walking/running class. One member and her husband lost a total of 100 pounds with the support and instruction offered in these programs. What joy this brings to the organizers!”

—Vicki Griffin  
Michigan Conference  
Health Ministries Director



- Start a community intramural sports club, like softball or basketball.
- Partner with your local food bank to host a food pantry with healthy food options or hold a healthy food drive and encourage donations of healthy food items.
- Show the Weight of the Nation documentary about the epidemic of obesity at your church or school and invite community friends (the Weight of the Nation for Kids is also available) - order the film for free at the website [www.TheWeightoftheNation.hbo.com/films](http://www.TheWeightoftheNation.hbo.com/films).
- Create a community/congregational cookbook of healthy, kid-friendly recipes.
- Provide access to church facilities (lawn, gym, fellowship hall, recreation rooms, etc.) after school and on weekends to increase youth opportunities for physical activity.
- Offer a summer feeding program at VBS or community service outreach initiatives so kids have access to healthy meals when school is out.
- Start a community vegetable garden at your church or school and invite people who don't have their own space to grow food.
- Get youth involved in community service projects that address childhood obesity, nutrition, or physical activity, like helping at a soup kitchen or participating in a *CROP Hunger Walk* (1-888-CWS-CROP).
- Show video clips or share testimonials of member and youth involvement during the worship service to get attention and promote *Adventists InStep for Life*.
- Start a healthy food coop ([www.coopdirectory.org](http://www.coopdirectory.org)) or partner with local farmers and businesses to start a Community Supported Agriculture Club, subsidizing CSA shares for families with limited resources ([www.localharvest.org/csa](http://www.localharvest.org/csa)). For an example of a CSA club, visit [www.justfood.org/csa](http://www.justfood.org/csa).



## 7.2 Schools

- Form an *Adventists InStep for Life* team and choose a coordinator.
- Include information about nutrition and active lifestyle in newsletters, bulletin boards, assemblies and classes with the goal to implant positive attitudes toward healthy lifestyle choices.
- Include BMI monitoring in school preventive health examinations.
- Add nutrition, physical activity, and healthy living awareness to lesson plans. The following resources may be helpful in integrating the *Adventists InStep for Life* initiative into Adventist curriculum:
  - *Encourage teachers and students to use and complete the Lifestyle Challenges added to the new By Design science curriculum.*
  - *Give Your School a Food Makeover*, [http://catnet.sdacc.org/articles/tt\\_ID351.pdf](http://catnet.sdacc.org/articles/tt_ID351.pdf)
  - *Mission Nutrition: Adventures in Learning Created by Canadian Dietitians*, [www.missionnutrition.ca/missionnutrition/index.html](http://www.missionnutrition.ca/missionnutrition/index.html)
  - *My Pyramid for Kids*, [www.mypyramid.gov/kids/index.html](http://www.mypyramid.gov/kids/index.html)
  - *Grow It, Try It, Like It*, [www.teamnutrition.usda.gov/Resources/growit.html](http://www.teamnutrition.usda.gov/Resources/growit.html)
  - *Classroom Gardening Projects*, [www.kidsgardening.org/growingideas/projects/library.html](http://www.kidsgardening.org/growingideas/projects/library.html)
  - *Physical Education Grades K-12: Curriculum Guide & Resource Manual*, [www.nadeducation.org/client\\_data/files/728\\_physicaleducationk12.pdf](http://www.nadeducation.org/client_data/files/728_physicaleducationk12.pdf)
  - *Exercise Programs for Teens: Ideas for Academy Physical Education Classes*, [www.circle.adventist.org/files/jae/en/jae198851011504.pdf](http://www.circle.adventist.org/files/jae/en/jae198851011504.pdf)

“This initiative aligns wonderfully with our Columbia Union initiative in physiology and nutrition over the past two years.

We should not miss this opportunity for our students to participate in a fun, division-wide project that promotes improved health and lifestyle.”

—Ham Canosa  
Columbia Union Conference  
Educational Superintendent

“Since we live by the Spirit, let us keep in step with the Spirit.”

—Galatians 5:25



“Ontario is fully on board with *Adventists InStep for Life*, and will be integrating it into their existing *Ontario Adventist Lifestyle Groups (OALG)* program. Each church and community is encouraged to establish an OALG to help members make lasting lifestyle changes and achieve fitness goals within a group setting that is affordable and easily sustainable. Members are encouraged to work in pairs or threes to facilitate accountability and increase peer support. A number of groups, such as the Christian Youth Sports Academy (CYSA), are focusing on youth and adult fitness through physical activity events such as 5 km walk/run this summer.”

—Maria McClean  
Ontario Conference  
Health Ministries Director



- Set a walking goal for your school and offer awards for the highest “steppers.”
- Increase physical activity requirements and encourage students to earn the *Presidential Active Lifestyle Award* or *NAD Active Lifestyle Award*.
- Offer intramural sports and physical activity clubs that are open to all students, regardless of skill or athletic ability.
- Offer an 8-week *SuperFit Family Challenge* for families of your students or community ([healthproducts@FLHosp.org](mailto:healthproducts@FLHosp.org)).
- Provide healthy foods in school lunches, cafeterias, vending machines and school functions.
- Offer an afterschool 21-day fitness challenge to get children into the habit of outdoor play after school.
- Consider non-food or healthy food options for fundraisers.
- Organize a 5K run/walk, bike-a-thon, or a summer sports camp in your community.
- Promote walking or biking to school ([www.saferoutesinfo.org](http://www.saferoutesinfo.org)).
- Connect families in your school to WIC ([www.fns.usda.gov/wic](http://www.fns.usda.gov/wic)) and SNAP ([www.fns.usda.gov/snap](http://www.fns.usda.gov/snap)) nutrition programs.
- Celebrate *Walk to School* day and month in October ([www.walktoschool.org](http://www.walktoschool.org)).
- Engage students in gleaning programs ([www.endhunger.org](http://www.endhunger.org)).
- Plan a *Healthy Living Week* for your school.
- Give parents helpful information for fostering healthy choices at home.
- Take the *Healthier US School Challenge* ([www.fns.usda.gov/tn/HealthierUS/checklist.pdf](http://www.fns.usda.gov/tn/HealthierUS/checklist.pdf)).
- Start a community vegetable garden and invite students, parents, neighbors and people who don’t have their own space to grow food.



- Consider community service projects that help students be active and encourage others to be active and healthy, such as participating in a *CROP Hunger Walk* to raise awareness about hunger.
- Conferences can recognize schools that are successfully implementing the *Adventists InStep for Life* initiatives.

## 7.3 Colleges & Universities

- Form an *Adventists InStep for Life* team and choose a coordinator.
- Start a *Health Living Club* or *Collegiate Adventists for Better Living (CABL)* organization.
- Plan a *Healthy Living Week* for your school.
- Share nutrition and exercise information in newsletters, bulletin boards, assemblies and classes.
- Involve Health & Fitness majors in incorporating this initiative when planning student wellness programs and community health awareness events.
- Set a walking goal for your school and offer awards for the highest “steppers.”
- Start a community vegetable garden and invite students, parents, neighbors and people who don’t have their own space to grow food.
- Provide healthy foods in school lunches, cafeterias, vending machines and school functions.
- Organize a 5K run/walk, bike-a-thon, or a summer sports camp in your community.
- Offer nutrition and healthy cooking classes.
- Partner with local farmers to bring a farmers’ market to neighborhoods that lack access to fresh foods. (Access guide for how to start a farmers’ market at [www.ams.usda.gov/AMSv1.0/getfile?dDocName=STELDEV3022129](http://www.ams.usda.gov/AMSv1.0/getfile?dDocName=STELDEV3022129)).
- Sponsor the Summer Food Service Program in your community.
- Consider building or revitalizing playgrounds in your community.

“The aim of true education is to restore human beings into the image of God. Therefore, Adventist schools are focused on the balanced development of the whole person—spiritual, physical, intellectual, and social-emotional. The *Adventists InStep for Life* initiative will assist the home, school, and church in realizing this goal.”

—Carol Campbell  
North American Division  
Associate Director for Elementary/Curriculum



## 7.4 Health Care Organizations

- Form an *Adventists InStep for Life* team and choose a coordinator.
- Educate and support patients and families in living and choosing healthier lifestyle through newsletters, flyers, and classes.
- Organize a 5K or 10K run/walk or other athletic event to raise awareness for childhood obesity in your community.
- Partner with local farmers to bring a farmers’ market to neighborhoods that lack access to fresh foods.
- Partner with local schools to offer salad bars at school lunches.
- Consider building or revitalizing playgrounds in your community.
- Sponsor the Summer Food Service Program in your community.
- Communicate with convenience and grocery store managers about stocking healthier and local food options, including fresh fruits and vegetables.
- Coordinate with restaurants to offer healthy menu options.
- Offer grants or scholarships for community projects addressing childhood obesity.
- Encourage community leaders to sign your city up as a *Let’s Move City* and discuss ways to partner in the fight against childhood obesity.



## 8. Additional Resources

### 8.1 Health Education Materials

- *Amazing Health* magazine and DVD, [www.amazingfacts.org](http://www.amazingfacts.org)
- *Childhood Obesity: An Emerging Epidemic*, article published in The Journal of Adventist Education, Dec 2007–Jan 2008, available from [www.circle.adventist.org/files/jae/en/jae200770023804.pdf](http://www.circle.adventist.org/files/jae/en/jae200770023804.pdf)
- Children’s Health Expo banners, [www.healthexpobanners.com/childrenexpo.php](http://www.healthexpobanners.com/childrenexpo.php)
- *Complete Health Improvement Project (CHIP)* educational program, [www.sdachip.org](http://www.sdachip.org)
- *CREATION Health* educational program, [www.creationhealth.tv](http://www.creationhealth.tv)
- *Foods for Thought, Simple Solutions* and *Living Free* educational programs, [www.lifestylematters.com](http://www.lifestylematters.com)
- *FoodFun™ Devotions for Children’s Ministry*, [http://store.grouppublishing.com/OA\\_HTML/ibeCctpItmDspRte.jsp?item=7357](http://store.grouppublishing.com/OA_HTML/ibeCctpItmDspRte.jsp?item=7357)
- Health Connection, the official Seventh-day Adventist health ministries resource center located at the Review and Herald Publishing Association, [www.healthconnection.org](http://www.healthconnection.org)
- *Jesus’ Kids in the Kitchen* VBS program and *Fun with Kids in the Kitchen Cookbook*, [www.adventistbookcenter.com](http://www.adventistbookcenter.com)
- *Step Into Fitness and Health Guide; Fitness for Life, 8 Weeks to Wellness*, and *Lifelong Weight Management* educational programs, [www.lifelonghealth.org](http://www.lifelonghealth.org)
- *SuperFit Family Challenge* educational program, [healthproducts@FLHosp.org](mailto:healthproducts@FLHosp.org)
- *Supersized Kids Balance* magazine, [www.lifestylematters.com/Balance\\_Magazines\\_C10.cfm](http://www.lifestylematters.com/Balance_Magazines_C10.cfm)
- *The Full Plate Diet* educational program, [www.fullplatediet.org](http://www.fullplatediet.org)
- *Vibrant Life* magazine, [www.vibrantlife.com](http://www.vibrantlife.com)
- *Hope Channel – Parker’s Puzzle* fun activity and healthy cooking video for kids, [www.parkerspuzzle.com](http://www.parkerspuzzle.com)

## 8.2 Websites

[www.aacorn.org](http://www.aacorn.org) *The African American Collaborative Obesity Research Network* addresses weight-related issues in African American communities and offers a number of community tools.

[www.accessdata.fda.gov/videos/CFSAN/HWM/hwmsk01.cfm](http://www.accessdata.fda.gov/videos/CFSAN/HWM/hwmsk01.cfm) The *U.S. Food and Drug Administration* has an interactive website to teach about the understanding food labels.

[www.ampleharvest.org](http://www.ampleharvest.org) *Ample Harvest* connects community gardens to local food pantries to help feed those in need and is a wonderful resource for communities.

[www.cdc.gov/obesity/childhood/index.html](http://www.cdc.gov/obesity/childhood/index.html) The nation's premier public health agency.

[www.chep.org/index.html](http://www.chep.org/index.html) *CHEP*, a Canadian organization dedicated to helping children, families and communities have access to good food.

[www.familyfun.go.com/recipes/serious-about-snacks-714779](http://www.familyfun.go.com/recipes/serious-about-snacks-714779) Sponsored by Disney, this *Family Fun* site features healthy, kid-friendly snacks.

[www.familieswithpurpose.com/community-service-ideas-families.html](http://www.familieswithpurpose.com/community-service-ideas-families.html) *Families with Purpose* is an organization passionate about all things family. This page offers community service ideas for families.

[www.farmtoschool.org](http://www.farmtoschool.org) *Farm to School* connects schools (K-12) and local farms with the objectives of serving healthy meals in school cafeterias, improving student nutrition, providing agriculture, health and nutrition education opportunities, and supporting local and regional farmers.

[www.feedingamerica.org/our-network/network-programs/backpack-program.aspx](http://www.feedingamerica.org/our-network/network-programs/backpack-program.aspx) The *BackPack Program* fosters partnerships with local food banks to supply hungry children with food to take home on the weekends or during school vacations.

[www.healthychild.org/live-healthy/eat-healthy/?gclid=CJLb7a0IuKgCFQ5-5Qodm1pYEg](http://www.healthychild.org/live-healthy/eat-healthy/?gclid=CJLb7a0IuKgCFQ5-5Qodm1pYEg) *Healthy Child Healthy World* is a national non-profit organization whose purpose is to create healthy environments where children and families can flourish. Their website also offers nutrition tips, recipes and resources for helping children learn to choose healthy foods.

[www.healthykidshealthycommunities.org/resources](http://www.healthykidshealthycommunities.org/resources) *Healthy Kids Healthy Communities* is a national program of the *Robert Wood Johnson Foundation (RWJF)*, which is helping dozens of communities across the country reshape their environments to support healthy living and prevent childhood obesity. Their resource page provides a list of relevant organizations, publications and tools to help reverse childhood obesity and increase physical activity and healthy eating.

[www.healthy-recipes-for-kids.com/index.html](http://www.healthy-recipes-for-kids.com/index.html) *Healthy Recipes for Kids* is a site dedicated to sharing recipes, tips and techniques for getting kids to eat healthy.

[www.heart.org/HEARTORG/GettingHealthy/HealthierKids/Healthier-Kids\\_UCM\\_304156\\_SubHomePage.jsp](http://www.heart.org/HEARTORG/GettingHealthy/HealthierKids/Healthier-Kids_UCM_304156_SubHomePage.jsp) *American Heart Association's Healthier Kids* site helps kids and families live heart-healthy lives.

[www.letsmove.gov](http://www.letsmove.gov) The *Let's Move* campaign was launched by First Lady Michelle Obama in 2010. On this website, you will learn how to prevent childhood obesity, find nutritional facts, get ideas for being active, and learn how you can help schools and communities serve healthier foods to children. You can even set goals for your family's activity level and meet up with local families and be active together!

[www.nhlbi.nih.gov/health/public/heart/obesity/wecan](http://www.nhlbi.nih.gov/health/public/heart/obesity/wecan) The *U.S. Department of Health and Social Services* has created the *We Can!* website as your one stop location for information. You'll find healthy weight tips, ideas for eating right recipes, activities for kids, and more. There are even resources to help bring health and fitness efforts to your community.

[www.nourishinteractive.com](http://www.nourishinteractive.com) *Nourish Healthy Kids* touts its online games to teach kids about nutrition and it has sections for kids, parents and educators. You'll also find articles about nutrition, dietary advice, and recipes and learn how to set healthy goals for your family. Sign up for the free e-newsletter to keep the tips and information coming straight to you.

[www.nutrition.gov](http://www.nutrition.gov) The U.S. government's nutrition website has information on shopping, cooking, and meal planning available in both English and Spanish.

[www.reversechildhoodobesity.org](http://www.reversechildhoodobesity.org) The *Robert Wood Johnson Foundation Center to Prevent Childhood Obesity* has a host of tools and resources on their website.

[www.saladbars2schools.org](http://www.saladbars2schools.org) *Let's Move Salad Bars to Schools* has a goal to fund and award 6000 salad bars in schools over the next three years.

[www.superkidsnutrition.com](http://www.superkidsnutrition.com) *Super Kids Nutrition* has sound nutrition advice for parents and a kids' site where nutrition and fitness games and downloadable activities help kids learn the basics as well. You'll find online articles about nutrition, activities for kids, snack and meal ideas, nutrition curriculum for education, books, and more.

[www.yaleruddcenter.org](http://www.yaleruddcenter.org) The *Yale University Rudd Center for Food Policy and Obesity* provides information about effective community and school interventions that address nutrition and obesity.

“More than ever the time has come for God’s message of healing and restoration to be heard. *Adventists InStep for Life* is a wonderful opportunity to make a positive impact for Christ in our communities.”

—Katia Reinert,  
North American Division  
Health Ministries Director

## 8.2 Training

Mark your calendar to attend the **NAD Health Summit** every year - check [www.NADHealthSummit.com](http://www.NADHealthSummit.com) for the next meeting.

At the NAD Health Summit you can get training on how to launch the Adventists InStep for Life initiative. The Training is presented by several experts who will equip leaders and teams on how to implement successful initiatives covering all areas: physical activity, student and school participation, nutrition, community gardens and more. Do not miss this opportunity to get training at the NAD Health Summit.

Visit [www.nadhealthministries.org](http://www.nadhealthministries.org) for more details.







# LET'S MOVE

## DAY



HELP US REACH OUR 2 MILLION MILE GOAL





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