

If we don't solve the problem of childhood obesity, our children will face problems like asthma, diabetes, heart disease, high blood pressure, sleep problems, depression, and bullying. The physical and emotional health of an entire generation and the economic health and security of our nation is at stake.

Your involvement is key to ensuring a healthy future for our children. Join the *Adventists InStep for Life* initiative, and let's work together to encourage, support and track commitments to healthier lifestyles.

What you can do...

- Download and sign the *Adventists InStep for Life* commitment
- Log onto our website to record your physical activity
- Achieve the NAD and/or PALA awards
- Download the *Adventists InStep for Life* toolkit for resources and ideas for fighting childhood obesity
- Start conversations about childhood obesity and what you can do to fight it

Let's Move Day, September 15

Join fellow Adventists on Sunday, September 15, 2018 for a day set aside to move! From family hikes and youth sports events to organized community 5K run/walks, our goal is to get as many people as possible involved in physical activity. Remember to report your miles (or physical activity equivalent) on the website, as it will count toward our 2 million mile goal.

Adventists InStep for Life

Adventists InStep for Life is sponsored by the Seventh-day Adventist Church, Hope Channel, Adventist Health, Adventist Health System, Adventist HealthCare, and the Adventist Community Services, Health Ministries, Children's Ministries, Education, and Youth Ministries Departments in order to mobilize every member and institution to make a significant impact on childhood obesity.

For more information, resources, and a toolkit, visit:
www.AdventistsInStepForLife.org



NORTH AMERICAN DIVISION HEALTH MINISTRIES

Adventists Say YES!

to Healthy Kids and Families



"The *Let's Move* initiative is consistent with our church's approach to ministering to people physically, mentally, socially, and spiritually."

—Ted Wilson
General Conference President



Adventists Say YES! to Healthy Kids and Families

The First Lady launched *Let's Move* in February 2010 to solve the problem of childhood obesity within a generation, so kids born today reach adulthood at a healthy weight. The Seventh-day Adventist Church has joined some 50 other faith and community organizations in supporting this national initiative to fight the epidemic of childhood obesity.

Adventists InStep for Life is an opportunity to:

- Help your children lead healthier lives
- Partner with your child's school to foster environments that support healthy choices
- Change the way a generation of kids think about nutrition and physical activity
- Promote a message of healthful living and make a positive impact for Christ in your community
- Ensure a healthy future for your children
- Make a difference!

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 children are overweight or obese.
- Our children make up the first generation in history to grow up less healthy than their parents.
- 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.

"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. *Adventists InStep for Life* is a wonderful means for advancing our emphasis on health among kids and their families."

— Dan Jackson
North American Division President

Our Goals

1. Increase physical activity by:
 - Accumulating 2 million miles through walking and other physical activities
 - Helping 60% of Adventist students achieve the NAD and Presidential Active Lifestyle Awards
2. Focus on nutrition and increased fruit and vegetable servings by:
 - Launching 100 summer feeding sites (VBS, camps, community service activities)
 - Starting 100 vegetable gardens in schools and/or churches (at least one church and one school garden per conference)
3. Engage kids, youth, parents, schools, and the community in working together to fight 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
NAD Health Ministries Director



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