



Made to Move Challenge

Pandemic Style

2020 Program Guide

Updated August 21, 2020



Adventist[®]
HealthyYOU



HEALTH MINISTRIES

Seventh-day Adventist[®] Church
NORTH AMERICAN DIVISION



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Welcome

No one could have imagined the year of 2020 to be what it has been. Just about everything has changed. And ministry has to keep in step in order to truly minister to needs, as was Christ's example.

Interest in physical activity has grown during this time. One group found that interest in exercising has increased by 88% among those who normally exercise 1-2 times a week.¹ They are now outside about 2.5 times a week. Moderate exercisers have also increased their activity.

Access to exercise programs can be difficult, however, with closures and limits on fitness and activity centers. Fears of being infected by the novel coronavirus may also prevent individuals from attending centers that are open.

The NAD's **Made to Move Challenge**, though scheduled over a year ago, is coming at this time of great need. We can still find ways to minister to needs, but we do need to approach it differently from before.

We are making this resource available online through our website NADhealth.org/healthyyou. It's still an opportunity to get your community engaged, but through online resources.

Have a creative idea for how you are using this resource? Be sure to let us know so we can share it across the Division!



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MADE TO MOVE CHALLENGE

¹ RunRepeat, June 18, 2020, <https://runrepeat.com/exercise-covid-19-study>.



1.0 Program Overview

We are providing you with numerous tools to engage your church, school and community to take steps towards better health through physical activity.

The “Challenge” in MTMC is really about YOU. This is about challenging yourself to do just a bit more than you may do otherwise. And it’s also about challenging your church, school and community to come together towards a common goal. With daily activities and inspirational thoughts, you can cheer each other to not give up on this mini battle against gravity and inertia.

So the goal of the 2020 Made to Move Challenge is to provide a fun (and appropriately socially-distanced) week of group exercise. All the activities can be done at home by individuals, though we encourage your church to schedule a time to gather virtually on Zoom or other online video tool.

Resources include:

- Daily physical activity guide for beginner, intermediate, and advanced exercisers
- Instructional videos for each activity
- Daily devotional and Bible study guide
- Sabbath sermon resources
- Disclaimer forms
- And more

You can chose to use any or all of these resources. We encourage you to be creative in order to get your community involved. Wherever you are on your health journey, join us for a week-long challenge to get a little more fit.

Movement. We were made for this!



2.0 Program Schedule

The following are important dates that you leaders will want to consider when planning.

Date	Time	Purpose
Sunday, August 30	7:00 pm Eastern	Overview and preparations for MTMC
Sabbath, Sept 19	All day	NAD's Made to Move Challenge Sabbath
Sunday, Sept 20	At your discretion	MTMC Kickoff for your congregation
Monday, Sept 21- Friday, Sept 25	At your discretion	MTMC Activities
Sunday, Sept 27	At your discretion	MTMC Closing Activity

Sunday, August 30

Plan to join us on Sunday, August 30 for an overview and briefing of how your church can optimize participation in the **Made to Move Challenge**. The presentation will be recorded for viewing at a later date.

Sabbath, September 19

On this Sabbath, we encourage you to use the prepared sermon during Church service. We will provide you with a recorded sermon, as well as script and PowerPoint slides.

In the afternoon, organize a safe Sabbath-friendly outdoor activity. Consider options for your region depending on weather conditions and any regulations concerning COVID-19.

Sunday, September 20

This is kickoff day for the MTMC! Each participant will be asked to perform a series of physical activities, including:

- Number of push-ups done in 1 minute
- Number of sit-ups done in 1 minute
- Number of jumping jacks done in 1 minute



- Number of burpees done in 1 minute
- Number of squats done in 1 minute
- Number of lunges done in 1 minute
- How long can you hold a plank (min/sec)

After this information is collected, you will begin the first day of guided exercises. The following schedule is a guide for planning.

Group exercise	20 min
Devotional video	3-5 min
Group Bible study	10 min
Total Time	35 min

It is possible to do this activity over Zoom or other video-based online platform. There are two possible ways to accomplish this:

1. Schedule participants to sign up for an **individual** 15-minute time slot. Have them go through each activity one at a time. You, or another person, can prompt them when to start and stop, using a timer or stopwatch. Manually count and record of how many of each activity they are able to do.
2. Schedule participants to sign up for a **group** 20-minute time slot. Limit it to 10-12 members at a time. You, or another person, can prompt them when to start and stop, using a timer or stopwatch. Have each individual keep a mental count of how many repetitions they do. After each activity, ask each person for their count so you can record it on the tracking sheet.

A tracking sheet is provided on the website. You may also want to report this information to our online system (see section 4.0 in this document). At the conclusion of the MTMC, the same activities will be done again to see how each individual may have improved. Seven days isn't a whole lot of time, but it is enough to see some benefits, and hopefully gain encouragement to keep going!



Optional 5K

On the kickoff day, September 20, you may want to consider planning a 5K or other outdoor event. Consider participating in the Columbia Union's [Virtual 5K/1Mile](#), or developing another socially-distanced option.

You can also consider joining a community outreach program or encouraging volunteering at a local service organization, such as Adventist Community Services.

The activities you do on this day will depend on various considerations, including COVID-19.

Monday - Friday, September 21-25

For the week during Monday - Friday, September 21-25, invite your participants to come together for a short exercise activity and devotional.

You can decide on the time of day to meet. We encourage you to consider using an online video system such as Zoom. Keep in mind that you may need to provide technical support to some individuals, such as how to log on, use video, sound, etc.

Here is a suggested schedule for your church's group activity.

Welcome & opening prayer	5 min
Group exercise	20-25 min
Devotional video	3-5 min
Group Bible study	10 min
Total Time	40-45 min

Sunday, September 27

This is the opportunity to see how well your members improved with their physical ability. The changes may be small, but should still be considered a victory! Use the same tracking forms from September 20 to record the changes. Then, provide the information on the online reporting form.

Unable to participate on these specific dates? The **Made to Move Challenge** is meant to be flexible. Use these resources when optimal for the church, but don't let this valuable opportunity go by!



3.0 Registration

Registration for the MTMC is needed to gain access to the exercise blogs, online tracking system, and online improvement calculator. Churches and schools can be registered by the designated *Made to Move Challenge* coordinator(s).

The information required to register your church include the following:

- Church name
- Church mailing address (limited to churches in the North American Division)
- Union & Conference the church is part of
- Pastor's name and contact information (phone, email)
- MTMC Coordinator's name and contact information (phone, email). Up to 3 coordinators will be allowed per church.
- Username and password for MTMC Coordinator(s)
- Total church membership count

Registration will also be provided for individuals who wish to utilize these resources. See our website for details.

All registration will be processed online at NADhealth.org/healthyyou. Paper registration is not available, but please feel free to contact us if you have questions. We encourage each church to choose a coordinator/team member who is able to complete the online forms and documents.

Please feel free to reach us at 443-391-7238 or health@nadadventist.org. Please note that our office hours are Monday - Thursday, 9am-6pm, Eastern. There may be delays in responding to phone calls, so please leave a call-back number.



4.0 Online Tracking

There are very many excellent physical activity tracking apps and tools available for free or at low cost to individuals. Each one has its own set of pros and cons. We encourage you to use the one that works best for you.

Reporting System

Once registered onto our online system at NADHealth.org, as detailed in section 3.0 of this document, your church will have access to the online reporting forms.

We will collect only the most basic information on individuals. Providing this information is completely voluntary.

The following information will be recorded on the online system:

- Name of individuals participating
- Activity values from the September 20 **and** September 27 fitness tests.

Note: Only the church's MTMC Coordinator(s) will have the ability to report information about those participating as a church or school. Please be sure to select someone who will have the ability to complete the online report form. Please contact us at 443-391-7238 or health@nadadventist.org if there are any problems.



5.0 Awards and Paraphernalia

Individual Awards

Anyone who participates in the MTMC is a winner! Participation certificates will be made available on our website. Individual names and other information can be printed or hand-written on these specially-designed certificates.

Remember the Time

Making it through the one week of activity is a great achievement. And of course, the primary goal is to help a church or school community build “togetherness” in the face of a global pandemic. Specialty MTMC items can be purchased through AdventSource to have a lasting reminder.

Visit our website to see items and ordering options. You can also contact AdventSource directly at <https://www.adventsource.org/> or 1-800-328-0525.



6.0 Prepare Your Participants

One important key to having a successful exercise program is to adequately prepare the participants. Numerous personal and logistical considerations are important, and you can help them succeed by walking them through some of these areas.

Personal Considerations

1. **Physical Activity Readiness Questionnaire (PAR-Q).** Each person should be in fairly good physical condition to participate. Although we do not do physical assessments on them, we do want to encourage them to check with their health care provider before starting this program. We have also provided the Physical Activity Readiness Questionnaire (PAR-Q) on our website under Documents. Ask each participant to complete this on their own, and to speak with their physician as needed.
2. **Exercise Safety Guide.** Injury is always a possibility with exercise. An Exercise Safety Guide is provided on our website under Documents. Please share this with your participants before the program begins, and remind them about the concepts as you go along with the program.
3. **Waivers.** Ask each person to complete the waiver form that is available on the website. You may also develop your own version to meet requirements of your local Conference or School/University policies. Remember that we provide education and encouragement. We do not provide clinical assessments, diagnoses, or treatments.
4. **Warm Up and Cool Down.** The program schedule for each day is intentionally kept brief. It is vital, however, to remind your participants to warm up prior to your group sessions and to cool down after you finish. Light walking or jogging are some activities for warming up. Stretching is best done after exercising, and as part of the cool down process. These help to avoid injuries.

Logistical Needs

1. **Space.** If your participants will be exercising at home or in a dorm room, remind them to make a safe space for exercise. Although the exercises do not require a great deal of space, they should have an area that is clear of anything that may pose a hazard. This could include sharp or glass objects, trip hazards such as loose carpeting, uncovered cables and wires, poor lighting, or clutter.



Remind them to plan for the safe space well in advance, and to join the group session already prepared.

2. Technology. Because we encourage that groups participate through online/virtual modes, remember that some participants may have limited access to internet access. Others may have access, but may need help logging into the system, or connecting their sound and video. Consider offering to connect them with a young person who can help them with these issues. Schedule a test run with them before the program begins. On a daily basis, ask them to log onto the system at least 10-15 minutes in advance so that any troubleshooting can be done.

Everyone has a chance to succeed with the **Made to Move Challenge**. And by helping them with some of these preparations, you can be part of helping them get there!



7.0 Marketing

To help spread the word about the Made to Move Challenge, we are making various resources available for use.

Logos

The **Adventist HealthyYOU™** and **Made to Move Challenge™** logos are provided on our website. Keep in mind some key best practices about logos:

1. Logos are provided in color and black and white options. Maintain the color codes as follows:
 - Green = pantone 7737 C
 - Blue = pantone 302 C
 - Orange = pantone 166 C
2. Maintain the aspect ratio of each logo. In other words, the length and width ratios should be the same. Avoid stretching or shrinking them out of these in a way that distorts the logo.

Social Media

Like and follow our Health Ministries Facebook page for on-going posts and information. Find us at www.facebook.com/NADHealth.

Use the following hashtags to tag your posts so we can re-post your stories and events.

#AdventistHealthyYOU

#MadeToMoveChallenge

#NADhealth

Remember to share about your activities with the NAD Health Ministries department. We would love to let everyone know about what you are doing in your community! Submit your event to our online calendar using this online form: <https://nadhealth.org/events/submit-your-event/>.



8.0 Disclosures

This activity is for educational purposes and should not be considered a treatment program. Individuals should verify with their physician their ability to participate in this program. A waiver form will be provided for the church or school to use.

To help your members determine their ability to participate, you can use the Physical Activity Readiness Questionnaire (PAR-Q). A copy of this questionnaire is provided on our website.