



ADVENTISTS  
*InStep for Life*

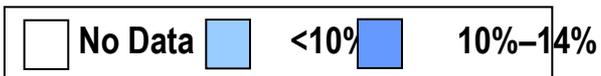
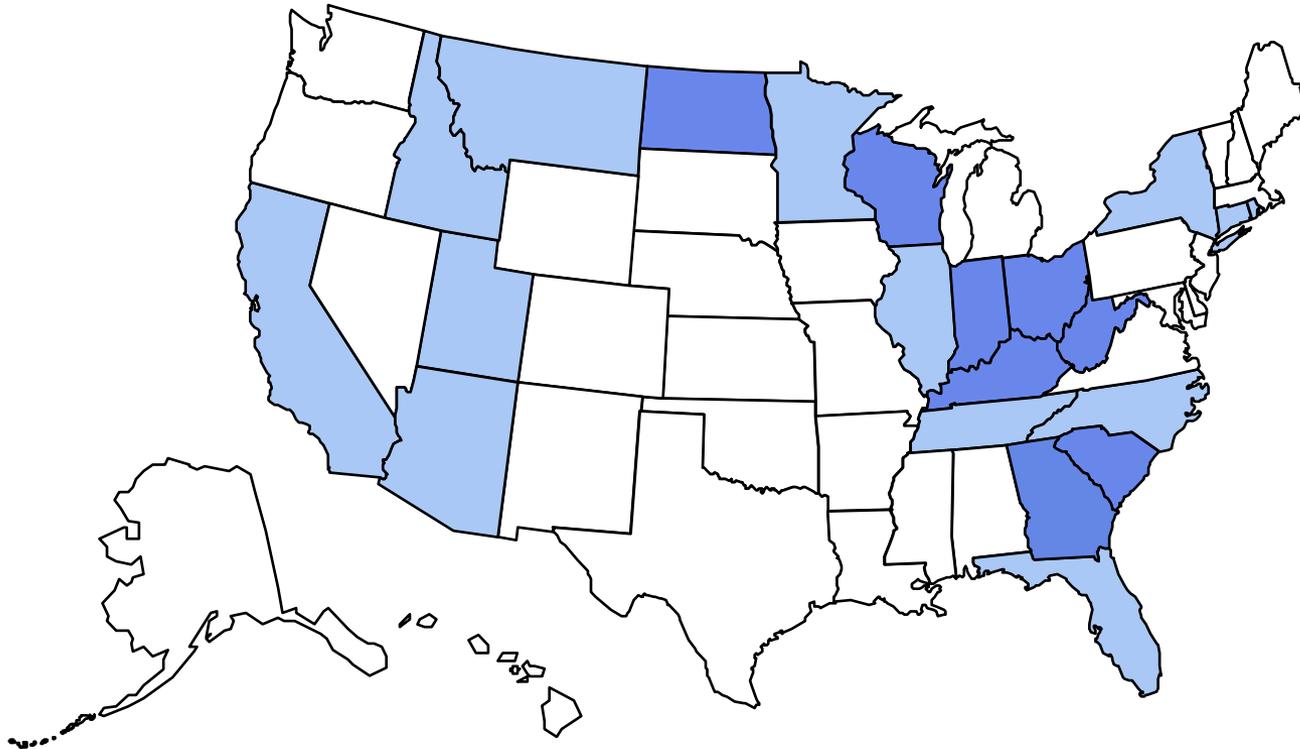


EVERY CHURCH A CENTER FOR HEALTH, HEALING AND WHOLENESS IN THE COMMUNITY

# Obesity Trends\* Among U.S. Adults

BRFSS, 1985

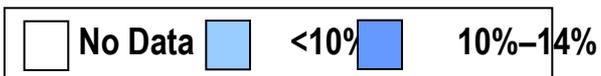
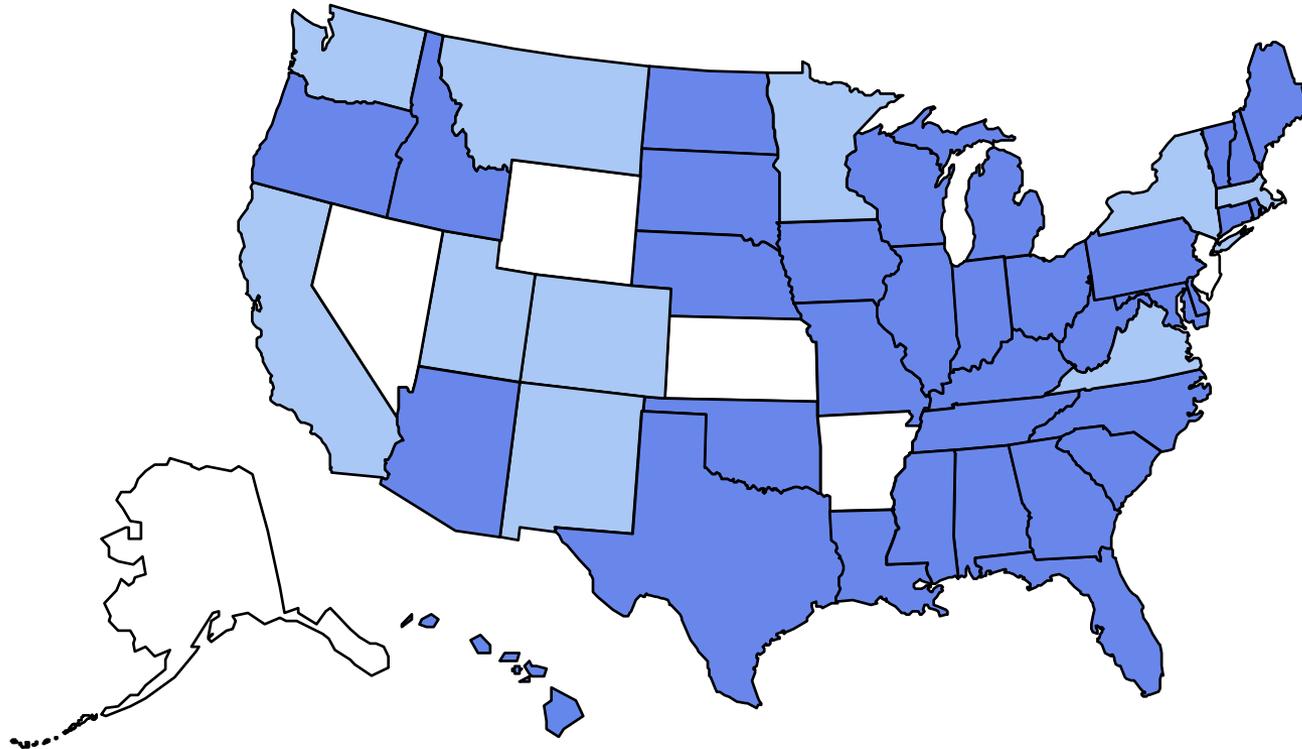
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



# Obesity Trends\* Among U.S. Adults

BRFSS, 1990

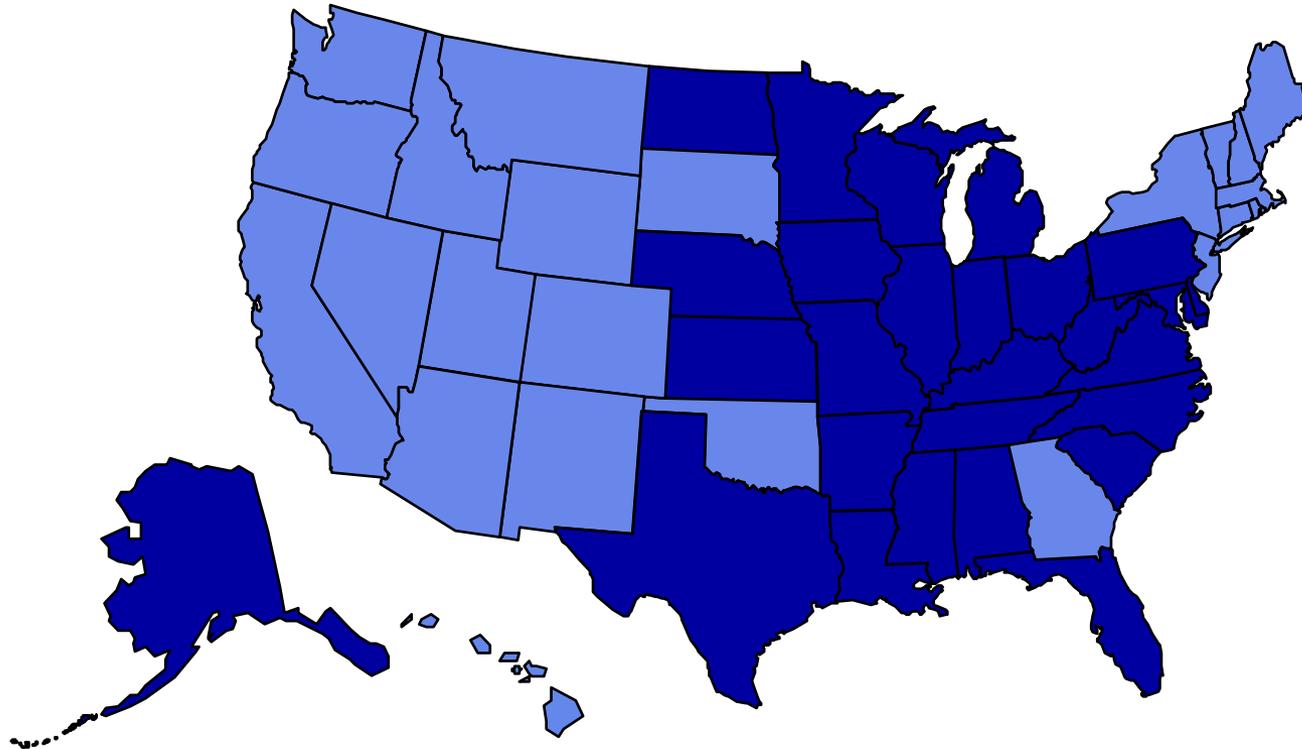
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



# Obesity Trends\* Among U.S. Adults

BRFSS, 1995

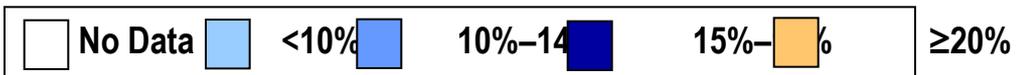
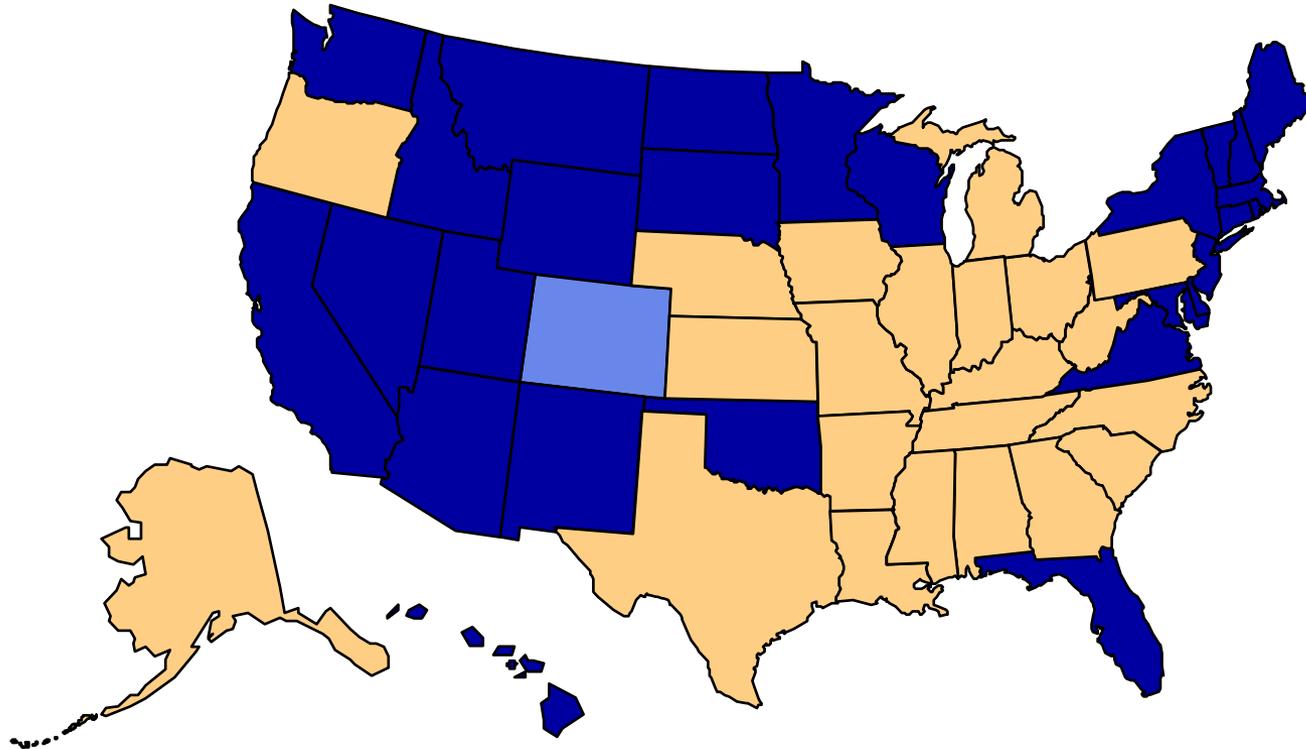
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



# Obesity Trends\* Among U.S. Adults

BRFSS, 2000

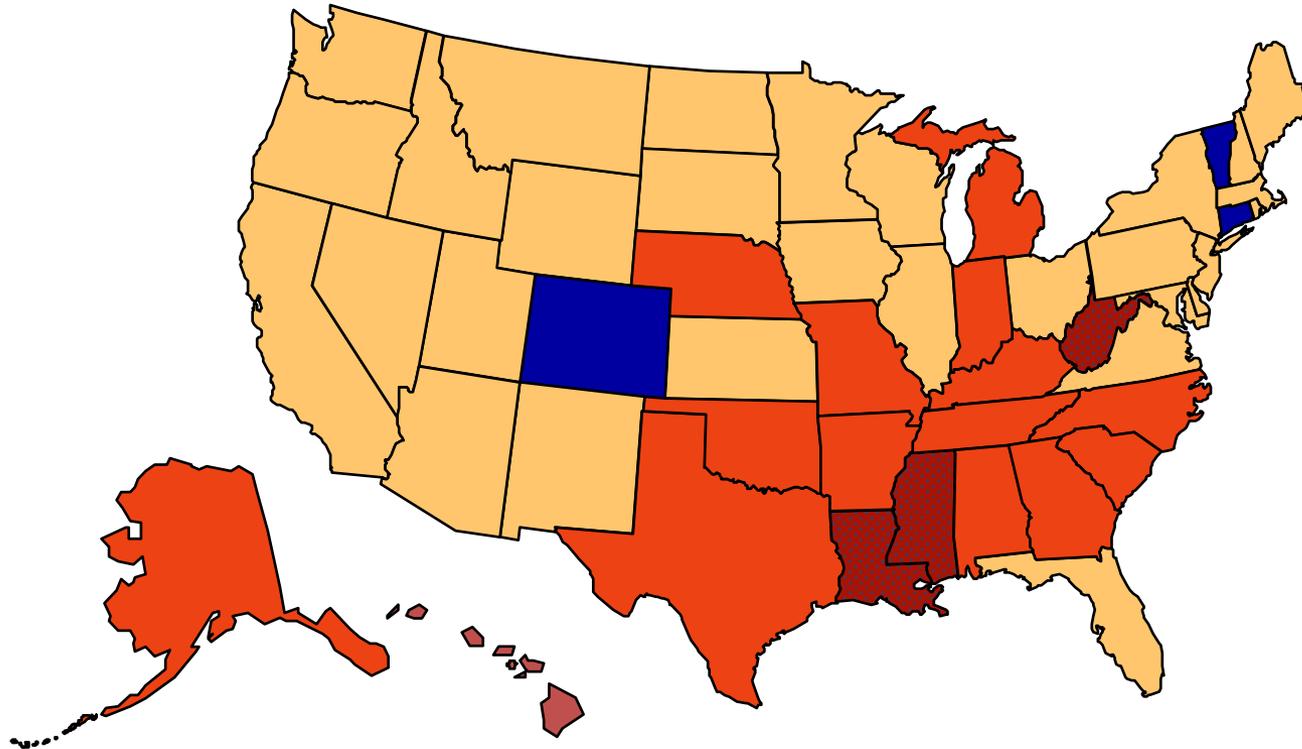
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



# Obesity Trends\* Among U.S. Adults

BRFSS, 2005

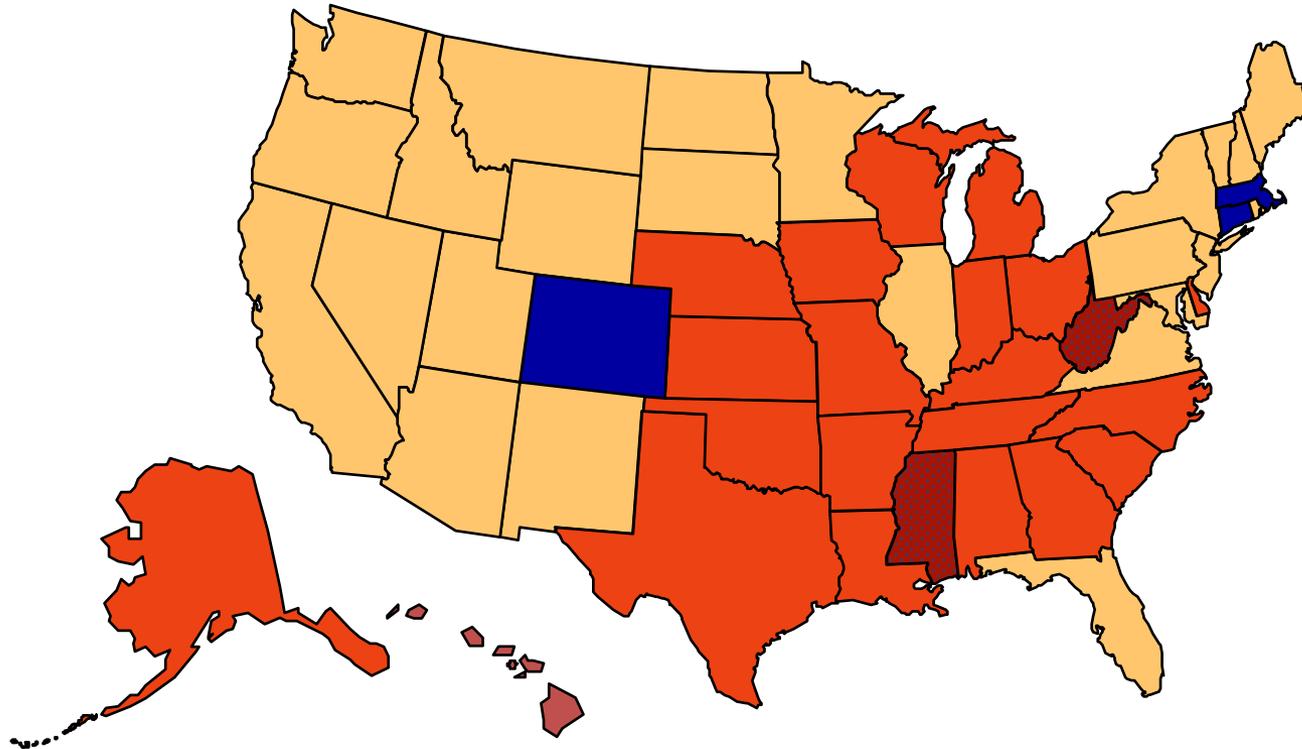
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



# Obesity Trends\* Among U.S. Adults

BRFSS, 2006

(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)

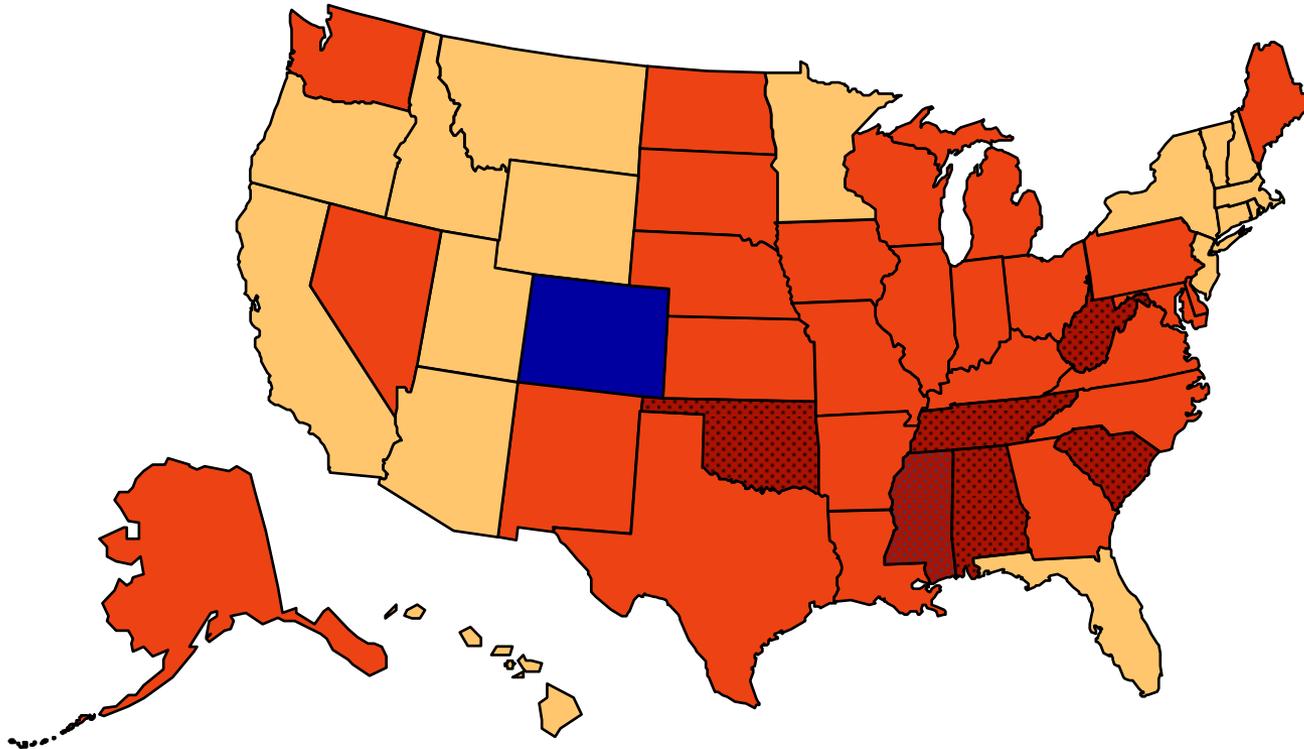




# Obesity Trends\* Among U.S. Adults

BRFSS, 2008

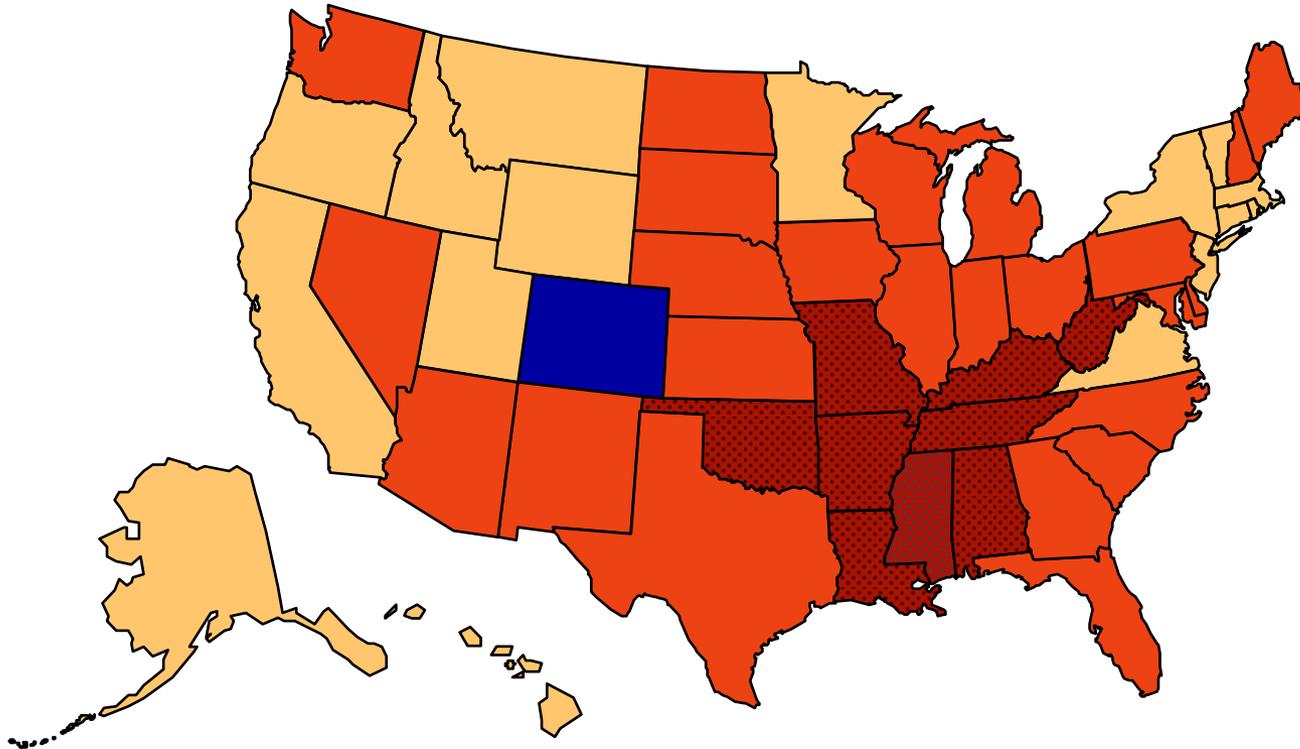
(\*BMI  $\geq 30$ , or  $\sim 30$  lbs. overweight for 5' 4" person)



# Obesity Trends\* Among U.S. Adults

BRFSS, 2009

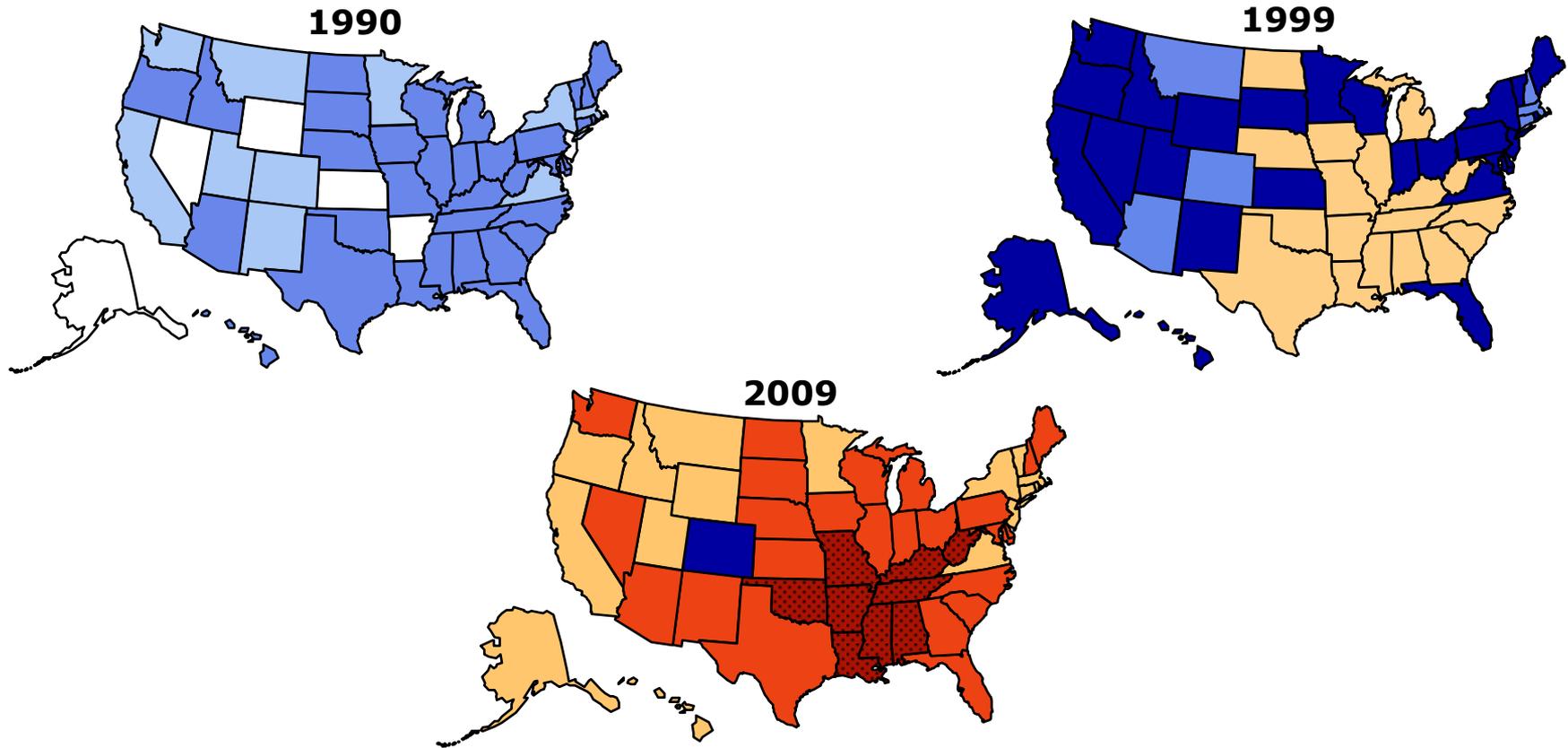
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# Obesity Trends\* Among U.S. Adults

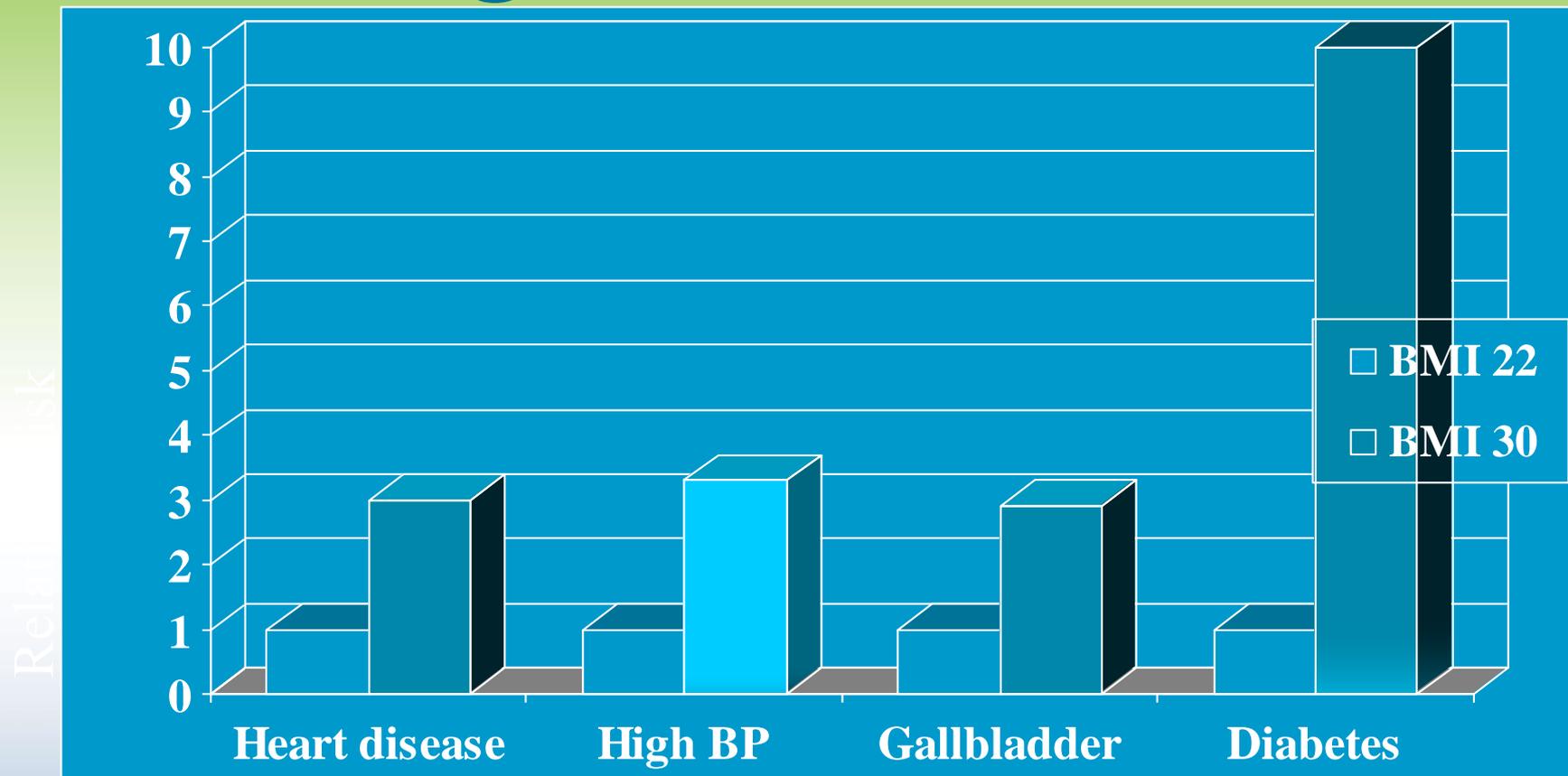
## BRFSS, 1990, 1999, 2009

(\*BMI  $\geq 30$ , or about 30 lbs. overweight for 5'4" person)



Source: Behavioral Risk Factor Surveillance System, CDC.

# Overweight and Disease Risk



NEJM, Aug. 5, '99, 430

© 2002 – 2006 LifeLong Health



@2011 NAD Health Ministries

# Prevalence of Obesity

Age	Percent
6-11 years old	18%
12-19 years old	17%
20-39 years old	30%

# Obesity: Once Obese, Always Obese?

- **Obesity persistence**
  - 35% of of obese 5-year-olds become obese adults
  - 75% of obese 11-year-olds are obese adults
  - 90% of obese 17-year-olds are obese adults



ADVENTISTS SAY  
**YES!** TO HEALTHY  
KIDS AND FAMILIES



# The Obesity Epidemic

- 300,000 deaths attributed to obesity
- 33% of US population is obese
- Begins at age 6 – 1 in 3 kids
- Child that is obese 10-13 years of age has an 80% chance of being obese as an adult
- Like tobacco in the 70's this should become the focus for Adventists



- Young adults who go to a religious event at least once a week and eat unhealthy foods there and are **50% more likely to become obese by age 50** compared to others with no religious involvement
- **“Childhood obesity is one of the most pressing health threats facing the United States”** - American Heart Association/ CDC



- **Diabetes, hypertension, kidney disease, and heart disease** striking children as young as 6
- This may be the first generation in history that grows up **less healthy than their parents.**
- **17 million or 14.6% of children do not get enough to eat.** Less expensive and processed foods high in calories and low in nutritional value are often the only option for many low-income families. They often **lack access to fresh produce, including farmers markets and community gardens.**



# Obesity from a Life Course Perspective

- Maternal education
- Maternal weight
- SES

Pre-conception

- Gestational diabetes mellitus
- Maternal smoking
- Poor prenatal nutrition

Pregnancy

- Breastfeeding
- Infant formula & food supplementation
- Maternal depression and caretaking

Infancy

- Chronic diseases
- Food preferences & eating patterns
- Food insecurity

Child

- Puberty
- Sleep patterns
- Medications

Adolescent

- Activity level
- Consumption
- Employment
- Partner selection
- Social networks
- Menopause

Adult

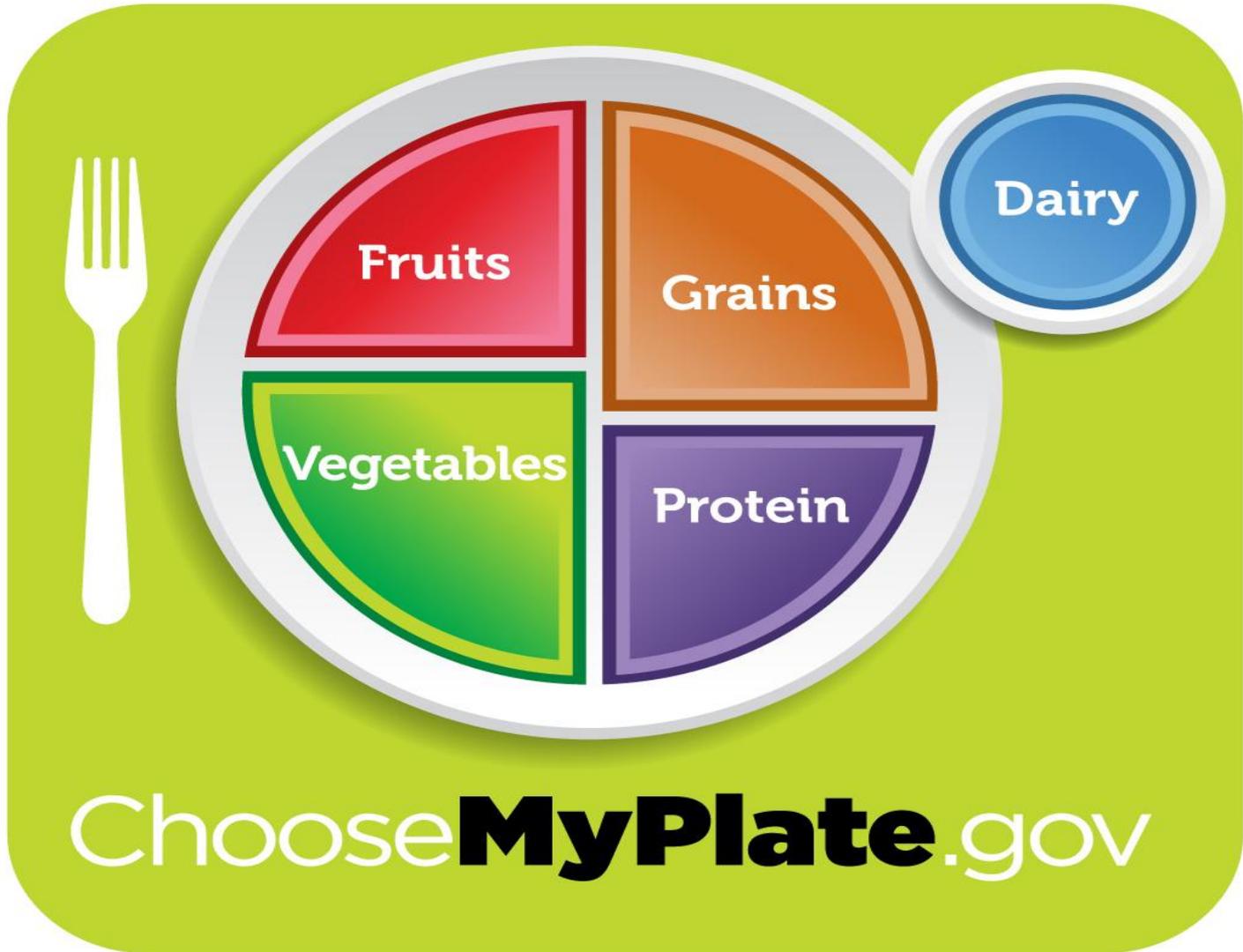
# Harvard School of Public Health

- **80 percent** of Americans don't eat enough fruit
- **90 percent** don't eat enough vegetables
- **99 percent** fall short on whole grains.
  - Krebs-Smith SM et al (2010) *Journal of Nutrition*
- Need to **cut back on or eliminate** the major staples of the current US diet:
  - **refined grains, sugary snacks, soda, potatoes, cheese, butter, and red meat**

<http://www.hsph.harvard.edu>



# USDA - My Plate



Choose **MyPlate**.gov

# Exercise is Medicine

- Harvard Medical School's Institute of Lifestyle Medicine
- American College of Preventive Medicine
- American College of Sports Medicine
  - announced the publication of **“Exercise is Medicine: A Clinician’s Guide to Exercise Prescription-** February 17, 2009.
- <http://www.exerciseismedicine.org/>



# Inspired Counsel Given to Our Church Over 100 Years Ago..



“All who can possibly do so ought to **walk in the open air every day, summer and winter.** A walk, even in winter, would be **more beneficial to the health than all the medicine the doctors may prescribe.**”

E.G.White, Counsels on Health, 52



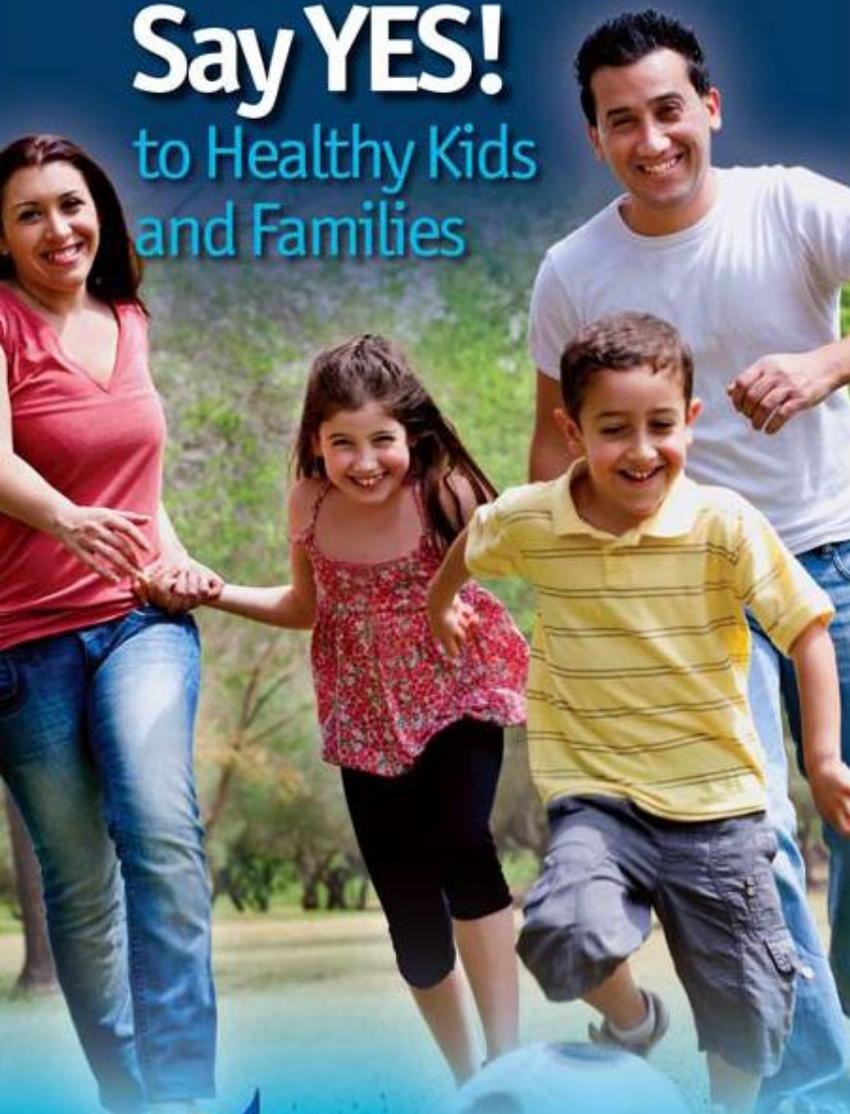
# Physical Strength and Activity

- Since the mind and the soul find expression through the body, both mental and spiritual vigor are in great degree **dependent upon physical strength and activity**; whatever promotes physical health, promotes the development of a strong mind and well-balanced character. Without health no one can as distinctly understand or as completely fulfill his obligations to himself, his fellow being and his Creator.

Education, 195.

# Adventists Say YES!

to Healthy Kids  
and Families



Making an  
Impact on our  
Communities and  
Families





ADVENTISTS

# InStep for Life

[www.AdventistsInStepForLife.org](http://www.AdventistsInStepForLife.org)



# Our Leaders On Board

“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.”

— Elder Dan Jackson,  
President, North American Division

“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

[www.AdventistsInStepforLife.com](http://www.AdventistsInStepforLife.com)

[www.NADhealthministries.org](http://www.NADhealthministries.org)



# An Opportunity to Make a Difference

ADVENTISTS SAY  
**YES!** TO HEALTHY  
KIDS AND FAMILIES



## 1. Increase physical activity by:

- Accumulating **2 million** miles through walking and other activities
- Helping **60% of students in SDA schools** achieve the NAD and President Active Lifestyle Awards



ADVENTISTS SAY  
**YES!** TO HEALTHY  
KIDS AND FAMILIES



## 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 or farmers markets** in schools and/or churches (at least one church and school per conference)



# Recommendations

- 30+ min of moderate activity
  - 5+ days/wk
- 20-30+ minutes of vigorous activity
  - 3+ days/wk
- Strength training and stretching,
  - 2-3 times/week



# Examples of Physical Activity

## Moderate

Walking briskly, 3-4 mph

Cycling for pleasure, 10 mph

Swimming, moderate level

Conditioning exercises

Golf, carrying/pulling clubs

Canoeing/rowing, 2-3 mph

Mowing lawn, raking  
leaves, hoeing in garden



## Hard/Vigorous

Walking briskly uphill or  
climbing stairs

Cycling fast, 12-16 mph

Swimming, fast crawl

Active sports:

Tennis

Racquetball

Basketball

Jogging/running



# Medical Clearance

Most adults do not need to see their physician before starting a moderate intensity physical activity program.



- However, men older than 40 years or women older than 50 years who plan a vigorous program,
- Or, anyone with either chronic disease or risk factors for chronic disease, should consult his or her physician to design a safe, effective program.

**Source:** Centers for Disease Control and Prevention and the American College of Sports Medicine, *JAMA*, Vol 273, No. 5.



Adventists InStep for Life is  
an initiative of the North  
American Division of the

# Adventists InStep for Life Program Components



Adventists InStep for Life is an initiative of the North American Division of the Seventh-day Adventist Church  
For more information, visit [www.AdventistsInStepforLife.org](http://www.AdventistsInStepforLife.org).

# Advantages

- Nearly everyone can participate
- Safe and inexpensive
- Encourages social interaction
- Creates an organizational culture that values activity and health



# Getting Started

- Register online
  - Visit our website and register to participate, or
  - Ask your Site Coordinator to register for you
  - Check out other resources available online



[www.AdventistsInStepForLife.org](http://www.AdventistsInStepForLife.org)





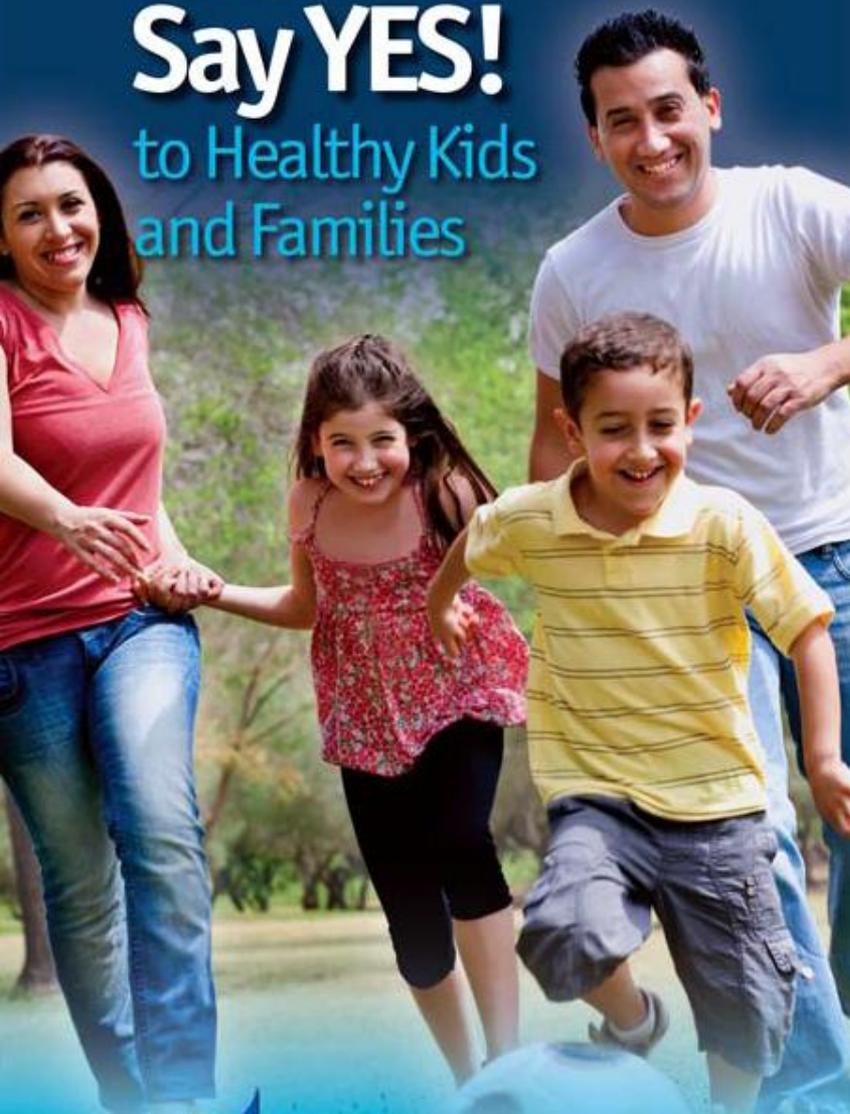
ADVENTISTS

*InStep for Life*

[www.AdventistsInStepforLife.org](http://www.AdventistsInStepforLife.org)

# Adventists Say YES!

to Healthy Kids  
and Families



 **ADVENTISTS**  
*InStep for Life*

## Toolkit

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

In partnership with  

  
SEVENTH-DAY  
ADVENTIST CHURCH

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



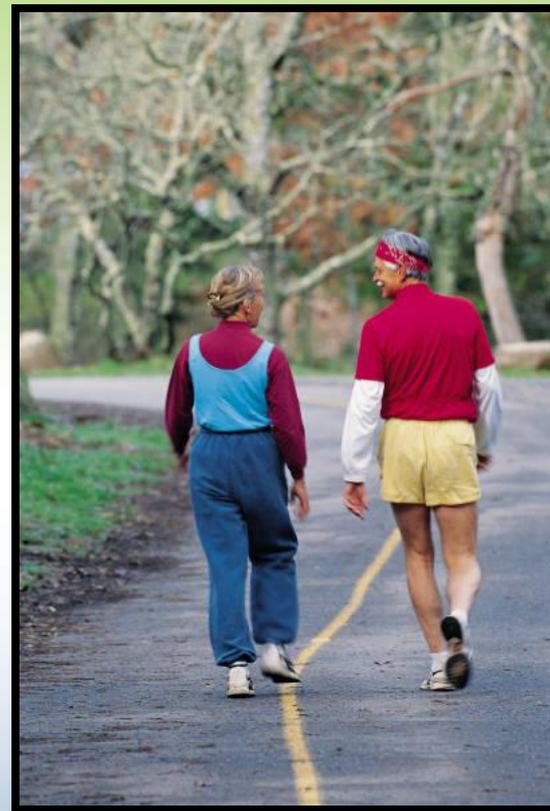
# Getting Started

- Get a pedometer
  - 2000 steps is equivalent to one mile
  - You can also track minutes of activity
  - Downloadable conversion chart available



# Getting Started

- Start walking
  - Average person walks 1-2 miles over course of a day
  - Goal is to gradually increase physical activity so you are walking the equivalent of 4-5 miles daily.



## Getting Started

- Log your activity
  - A 13-week exercise record log is available for download
  - Use online reporting
  - Helps you work towards a specific goal
  - Keeps you faithful
  - Improves long term success

**ADVENTISTS InStep for Life** *Physical Activity Is Powerful Medicine*  
**PHYSICAL ACTIVITY LOG**

Name: \_\_\_\_\_ Personal Goals (select one):  
 6 aerobic miles/week  6,000 steps/day  
 10 aerobic miles/week  8,000 steps/day  
 15 aerobic miles/week  10,000 steps/day  
 20 aerobic miles/week  \_\_\_\_\_ steps/day

Start Date: \_\_\_\_\_  
 Jan. - March  April - June  
 July - Sept.  Oct. - Dec.

Instructions: Write down what you achieved in your fitness program every day (aerobic miles, steps, or exercise minutes). See Aerobic Miles chart on the right to convert various activities into aerobic miles. At the end of the quarter, submit this log to your InStep Coordinator or health leader. If you haven't been exercising, aim for 6 aerobic miles a week or 6,000 steps a day to start. Gradually work up to 15 aerobic miles a week or 10,000 steps daily.

WEEK	SUN	MON	TUE	WED	THUR	FRI	SAT	Weekly Totals
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
13-week Total Steps or Aerobic Miles								

**AEROBIC MILES CHART**

Activity	Minutes to equal one Aerobic Mile		
	Sex	Minutes	Hours
Aerobic dancing	30	20	15
Backpacking	15	12	10
Basketball	20	12	10
Bicycling (10, 12, and 15 mph)	18	14	10
Calisthenics	20	15	12
Canoing or rowing (4, 6, and 8 METS)	30	15	12
Climbing, rock	30	20	15
Football, touch	20	15	12
Gardening, active	60	40	30
Golfing, carrying bag or pulling cart	30	25	20
Hiking, cross-country	20	15	12
Jogging or running	12	10	8
Karate, Tae kwon do	15	12	10
Mountain climbing	15	12	10
Racquetball	20	15	10
Handball	20	15	10
Rope climbing	11	10	8
SCUBA diving	30	15	10
Skating	20	15	12
Skating, cross-country	17	12	8
Skating, down hill	20	15	12
Soccer	15	12	10
Star stepping	15	13	11
Stationary cycling	16	13	11
Swimming	24	16	12
Table tennis	60	30	20
Tennis	20	15	11
Volleyball	20	15	12
Walking	24	20	15
Water skiing	20	15	12
Weight training	30	20	15

**MILEAGE AWARDS**

- 100 aerobic miles in one year
- 500 aerobic miles in one year
- 1,000 aerobic miles in one year
- 2,000 aerobic miles in one year
- 1 million steps in one year
- 2 million steps in one year
- 3 million steps in one year

© 2009 Wellness, Inc. All rights reserved.

*Just Walk!*  
10,000 steps a day



## Make it Fun!

- Incorporate *Adventists InStep for Life* goals into what you are already doing
- **Make your fitness adventure social**
  - Invite family members, friends, neighbors, or co-workers to join you
  - Make your fitness adventure social and reach out to your community



## Engage Others

- **Set goal miles** to reach as an organization. Plan physical activity events.
- **Create teams** and walk (or race) to a chosen destination. Use a map to chart team progress.
- **Promote regularly and report** on participation rates and total group miles.
- **Recognize achievement** with downloadable award certificates.



# LET'S MOVE! DAY

Sunday, September 23, 2012



HELP US REACH OUR 1 MILLION MILE GOAL IN ONE DAY!

Register at [www.AdventistsInStepForLife.org](http://www.AdventistsInStepForLife.org) >>

Whether you host a 5K run/walk, join a community event, or organize other activities, consider how your team can involve as many people as possible in physical activity. Invite your community to join your church, school, or hospital as we move together and promote a healthier lifestyle.



Find resources and information at [www.AdventistsInStepForLife.org](http://www.AdventistsInStepForLife.org) >>>



Let's Move Day is an event of Adventists InStep for Life  
Sponsored by the North American Division Health Ministries Department



# LET'S MOVE! DAY

Sunday, September 23, 2012

- **Our goal:** To get as many people possible involved in physical activity and log **2 million** miles in one day.
- Consider how you can sponsor, promote, and/or participate in an event on that day.
- Be sure to record your activity online!



# LET'S MOVE! DAY

Sunday, September 23, 2012



# LET'S MOVE! DAY

Sunday, September 23, 2012

- Schools

- Choose a site coordinator
- Register the School
- Report online to give credit to the school
- Plan a LETS MOVE DAY EVENT and involve students and invite parents to participate



*Adventists InStep for Life is an initiative of the North American Division of the Seventh-day Adventist Church  
For more information, visit [www.AdventistsInStepforLife.org](http://www.AdventistsInStepforLife.org).*

# LET'S MOVE! DAY

Sunday, September 23, 2012



- **Create Partnerships**
  - Engage others with common goals
- **Send information on your event**
  - via contact us



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# Adventists Say YES!

to Healthy Kids  
and Families



# LET'S MOVE DAY



September 23, 2012  
Save the Date



## Church

Discover how your church can get involved in *Adventists InStep for Life*  
[More >>](#)



## School

Help children and their families achieve lifelong health  
[More >>](#)



## Health Care

Find ways your organization can empower people for optimal health  
[More >>](#)

## Registration & Reporting

### InStep Login

User name

Password

[Lost your password?](#)

### Not Registered?

[Click here](#) to sign up!



### How to Report

Watch a Step-by-Step demo!

## Welcome!

*Adventists InStep for Life* was created by the North American Division of the Seventh-day Adventist Church to assist Adventist churches, schools and health care organizations in tackling the [challenge of childhood obesity](#). Every 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 in their community.

# Adventists InStep For Life

By SimpleUpdates.com, Inc.

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Open iTunes to buy and download apps.



[View In iTunes](#)

**Free**

Category: [Health & Fitness](#)

Updated: Oct 14, 2011

Version: 1.2

Size: 0.9 MB

Language: English

Seller: SimpleUpdates.com

© 2011

Rated 4+

**Requirements:** Compatible with iPhone, iPod touch, and iPad. Requires iOS 3.2 or later

## Customer Ratings

We have not received enough ratings to display an average for the current version of this application.

**More iPhone Apps by SimpleUpdates.com, Inc.**



SpiritRenew

## Description

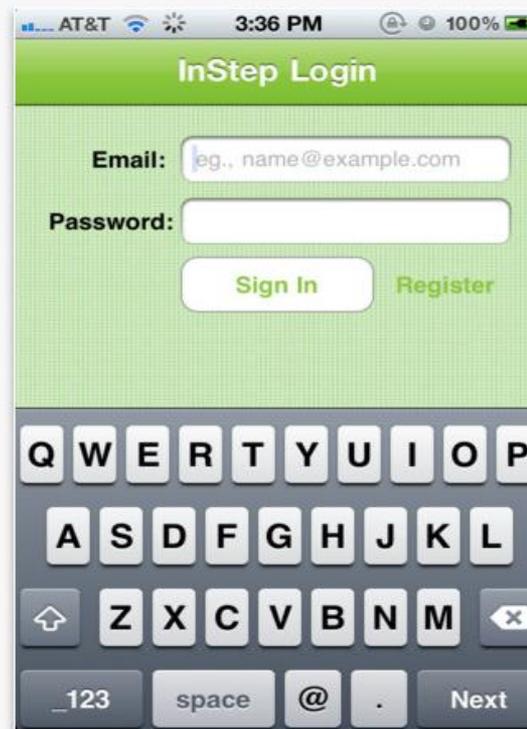
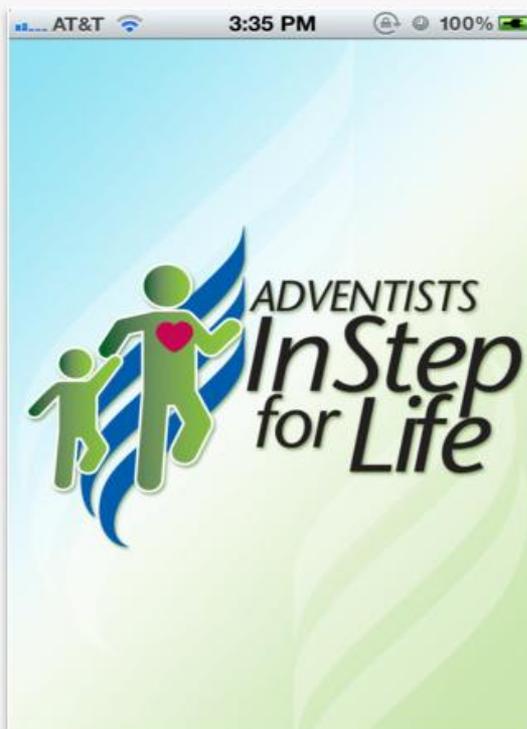
Adventists InStep For Life iOS app allows you to track your exercise, stay up-to-date with InStep news and events, and report miles toward the Let's Move Day goal!

[SimpleUpdates.com, Inc. Web Site](#) > [Adventists InStep For Life Support](#) >

## What's New in Version 1.2

Removed Let's Move Day reporting

## iPhone Screenshots



**Adventists Say YES!**  
to Healthy Kids and Families

- Resources
- Getting Started ▸
- Coordinator & Team Resources ▸
- Promotional Materials ▸
- Order Form
- Physical Activity Miles Goal
- Active Lifestyle Awards Goal
- Summer Feeding Sites Goal
- Community Gardens & Farmers' Markets Goal
- Additional Resources

- Handout For The Public
- SuperFit Family Challenge Kits
- 5K Disclaimer Template
- Press Release: Let's Move Day Template



**September 23, 2012**  
**Save the Date**



**Church**

Discover how your church can get involved in *Adventists InStep for Life*  
[More >>](#)



**School**

Help children and their families achieve lifelong health  
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Password

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Search  GO



# AWARDS

HOME ABOUT US REPORTING RESOURCES AWARDS EVENTS NEWS CONTACT US

Welcome!

Email | Print | Share

## 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.



### INDIVIDUAL ACTIVE LIFESTYLE AWARDS

Given to individuals by their organization – church, school or hospital.

- [Presidential Active Lifestyle Awards](#) (United States only)
- [NAD Active Lifestyle Awards](#)

### Related Links

[Adventists InStep for Life Awards](#)

[Individual Active Lifestyle Awards](#)

[Organizational Awards](#)

### ORGANIZATIONAL AWARDS

[Organizational Awards](#) are given by the North American Division to conferences, churches, schools and hospitals for planting gardens, organizing a farmer's market, sponsoring or hosting a summer feeding site, and for their participation rates of members, students, and employees in logging their physical activity miles and helping us reach our 1 million mile annual goal.

Awards will be given during an award ceremony on January 28, 2012 at the NAD Health Summit in Orlando, FL. In order to attend the summit, or for more information go to <http://www.nadhealthsummit.com>

### Sponsoring Organizations



Adventists InStep for Life is an initiative of the North American Division of the Seventh-day Adventist Church  
For more information, visit [www.AdventistsInStepforLife.org](http://www.AdventistsInStepforLife.org).

# ACTIVE LIFESTYLE AWARD

## BRONZE AWARD



PRESENTED TO \_\_\_\_\_

DATE \_\_\_\_\_

IN RECOGNITION OF REACHING 100 MILES OF PHYSICAL ACTIVITY IN 13 WEEKS.



*Katia Runert*

HEALTH MINISTRIES DIRECTOR  
NORTH AMERICAN DIVISION OF THE  
SEVENTH-DAY ADVENTIST CHURCH

## Calendar

### NOVEMBER 2011

#### 11/6/2011; Palm Harbor SDA health challenge 5K / 1/2 marathon. FLORIDA

Also weekly meeting/training on Sunday mornings @ 7:15 AM at John Chestnut Park 2200 EAST LAKE RD., PALM HARBOR, FL 34685. New participants are always welcome. Proceeds from the race go to Childhood Obesity Foundation.

Contact Information: Luis Mejia -Cell: 727-331-1791 -Email: [lfrmejia@gmail.com](mailto:lfrmejia@gmail.com) -For more information on the event see the organizer's website: <http://www.premierracinginstitute.com/blue-moon>

#### 11/10/2011 - Webinar - Community Transformation Grants and National Preventive Strategies - 8pm EDT

[Register for this FREE webinar.](#)

#### 11/12/2011 - Shiloh SDA Church presents An Evening of Fun and Fitness - SOUTH CAROLINA

Join us at 6:30 pm on Saturday, November 12, 2011 for Zumba fitness, a work-out with Chris Matthews of Man of Steele Fitness, Egg & Spoon races, and indoor relay races. We will also have a Let's Move Award Ceremony to present 25 individuals with the Active Lifestyle Award in recognition of reaching 150 miles of physical activity in 13 weeks. For more information call Health Ministry leader Charmaine Cohen at 843-906-9766. [Click here for more details.](#)

#### 11/13/2011 - Florida Hospital Celebration Founders Day - 10k and 5K run/walk (Celebration) 7:30am - FLORIDA

11/15/2011 --WEBINAR - 8:00 pm EST -- ONLINE

*"Let's Move Day and Adventists InStep for Life - Allegheny East Conference Health Directors"* AND others interested

### Related Links

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[Events](#)

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[Lets Move Day](#)

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[Calendar](#)

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[Webinars](#)

---

[Train for a 5K](#)

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[Welcome!](#) >[Email](#) | [Print](#) | [Share](#)

## News

September, 2011 - LET'S MOVE DAY

### Let's Move Day Garners White House, Media Attention

Story by Kim Peckham and *Visitor Staff*

Published 9/27/2011



On Sunday Seventh-day Adventists from all around the North American Division (NAD) joined 50 other faith and community organizations in responding to First Lady Michelle Obama's Let's Move! national health and fitness campaign. In the Columbia Union, *Vibrant Life*, the church's health magazine, organized a fun run and walk on the grounds of the Review and Herald Publishing Association in Hagerstown, Md., to which Obama sent two representatives: Joanne Grossi, regional

director of the U.S. Department of Health and Human Services, and Judy Palfrey, MD, executive director of the first lady's Let's Move initiative. Both walked the three-mile course.

General Conference President Ted N.C. Wilson, Congressman Roscoe Bartlett (R-MD), two

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## Your Stories

*September, 2011 (LET'S MOVE DAY)*

### Allegheny East Conference Churches Enjoy "Let's Move Day"

Up at 4:00 A.M. and hitting the street at 6:00 A.M. may not sound like fun to most people, but about 50 persons, including a 79 yearold woman from the **West Philadelphia Church** met Allegheny East Conference Health Ministries Director Leah Scott, along with their local Health Ministries Leader, Valerie Roach, to walk the walk on "Let's Move Day." The group began their day with a 20 minute exercise routine, worship, and then they were off, tackling the 32 city blocks between 46th St. and Haverford Avenue in West Philadelphia and its destination at 15th and Christian Streets in South Philadelphia. One would mistakenly think that there were large monetary prizes awaiting the winners of a marathon run, because the hype and the challenges kept flowing for the entire course of the walk. Pastor Colin Brathwaite and his wife, Jeannie, joined his West Philadelphia members on the entire walk. Members were given bus tokens so that they could ride back to the West Philadelphia Church. However, they were so excited about completing the initial walk to south Philadelphia that they refused to take public transportation back and decided to walk instead to return to the West Philadelphia Church, which amounted to more than seven miles for the total hike. Three energetic youths, Shamar, Michael, and Shaniece walked the route and did some calculations of time and distance. They registered 7,892 steps, one way, covering 3.7 miles, and it took them 56 minutes.

Why did the West Philadelphia Church decide to make the Ebenezer Church the termination destination of their "Let's Move Day" activities? It was because the **Ebenezer Seventh-day Adventist Church** was celebrating its 100th birthday. The Ebenezer Church prides itself as the "mother church" in the

### Related Links

## ADVENTISTS SAY YES! TO HEALTHY KIDS AND FAMILIES



# Schools & Universities

- Encourage students to take the ***President's Active Lifestyle Challenge (goal 60% of students)***
- Provide healthy foods in school lunches, cafeterias, vending machines, and at school functions.
- Start a *Health Living Club (or CABL organization on university)*
- **Organize a 5K run/walk, bike-a-thon, or a summer sports camp in your community on Lets Move Day.**
- Promote walking or biking to school.
- Celebrate *Walk to School day and month* in October.
- Plan a *Healthy Living Week for your school.*
- Start a community **vegetable garden** and invite students, parents, neighbors
- Become a **Summer feeding site**



## ADVENTISTS SAY YES! TO HEALTHY KIDS AND FAMILIES



# Churches & Youth Groups

- Talk about childhood obesity in **newsletters, bulletins, health nuggets, and sermons.**
- Coordinate an ***InStep for Life Club*** and set a **walking goal for your church**, Sabbath School class, or Pathfinder club.
- Promote the ***NAD Active Lifestyle Awards.***
- Provide healthy options at church potlucks.
- Offer healthy cooking classes.
- 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 or farmer's market.



## ADVENTISTS SAY YES! TO HEALTHY KIDS AND FAMILIES



# HealthCare Institutions

- Organize an athletic event to raise awareness for childhood obesity.
- Offer nutrition and healthy cooking classes.
- Look for ways in your community to improve access to healthy, affordable foods.
- Partner with local farmers to bring a farmer's 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.
- Offer grants or scholarships for community projects addressing childhood obesity.





**Adventist InStep for Life Toolkit**  
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Welcome! > [Adventist InStep for Life Events](#) >

## Webinars

### WEBINAR 1

Join Adventists InStep For Life - July 26, 8pm EST

Learn more about this program and how you can use it in your local church, school, or hospital.

Click the play button on the box to the right to watch the recording!

[Download the PowerPoint \(13 mb\)](#)

### WEBINAR 2

Let's Move Day(LMD) Webinar- August 22 , 8pm EST

Learn more about this event and how you and your local church, school, or hospital can get involved.

Click the play button on the box to the right to watch the recording!

[Download the Powerpoint \(11mb\)](#)

- What is *Lets Move Day*
- How to organize a *Lets Move Day* event
- Creating Community Partnerships and Collaboration
- How individuals, churches, and schools can participate

Events

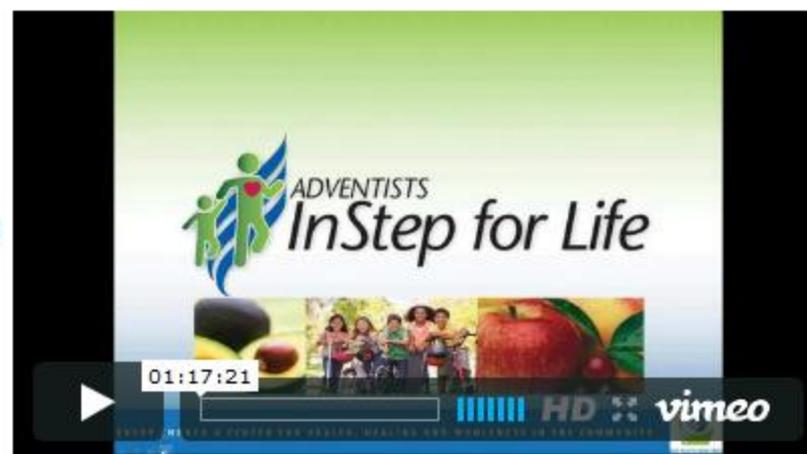
Lets Move Day ▾

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**LET'S  
MOVE**



**DAY**



**September 23, 2012**