

Dear **FAN** Committee Members,

Welcome to Month 11. This month we promote self-confidence for being physically active at any level, especially at a moderate intensity.

**FAN Goal of the month:** Overcome overweight with physical activity.

**Overweight in America:** Ever feel like many of us could use to lose a few pounds?

Today, about **2 out of 3 American adults** are overweight or greatly overweight.

**African American women** have highest rates of being overweight compared to all US groups.

## The Heavy on Overweight

A person who is slim, slender or skinny does not necessarily mean that he or she is healthy. But it is also important to know that the more overweight we are, the more likely we are to have health problems. Check out last month's guide to the **Body Mass Index (BMI)** to see for yourself.

### HEALTH TIP:

**Good health** is less about how you look on the **outside** and more of how you look on the **inside**.

Too much weight puts stress on the body's organs and pathways (heart, kidneys, liver, etc.) which can make us easy targets for disease. Listen to your doctor and ask questions, especially if you are not sure that you are at a healthy weight for your body.

*If one's goal is to lose weight*, stick to a plan of healthy eating (more fruits and vegetables) and activity at least at a **moderate intensity** (like brisk walking) that lasts for 60 minutes on 5 or more days each week.

## Move with Assurance!

**Fact:** Physical activity is good for the body. It helps us ward off disease, increase energy, and keep a healthy weight. So, it should be easy to include more physical activity into our daily plans, right? Sometimes we need a push from others and sometimes, most of all, from within.

How sure are you that you can be active for your health?

How sure are you that you can take at least 30 minutes out of your day for physical activity?

Sound familiar? If church members feel they are not where they want to be for their goals, remind them that in time the body gets fitter, better, and able to be active longer, at higher intensities, and with easier recovery.

\*Everyone should be active every day. It is never too late to start and never too little that counts, if you keep moving toward your goals.

**Inspire confidence in church members.**  
There is a physical activity right for every ability.



## FAN Committee Monthly

The key to making successful changes is to start low and go slow.

### This Month:

**Handouts.** *Please make sure your church members receive these materials.*

- **Bulletin insert.** Place this insert inside your church programs. Make announcements during service about believing in yourself, so you can keep on “Moving with Assurance.”
- **Your Plan to “I Can.”** Make copies and cut this handout into two brief inserts. Give to members to post in any place that they could use a helpful reminder. *Yes, we can be active!*
- **Yes, I Can Be Active.** Help your church boost confidence for physical activity at a moderate intensity. This handout has tips for making the most of what each church member can do everyday. This handout is adapted from the Weight-Control Information Network (WIN) with the US Department of Health and Human Services.

One **Resource Update.** *These can be used as handouts, teaching tools for announcements and/or poster materials for your bulletin board.*

- **Moving for Strength Part II.** Use this handout to help church members learn new moves for lean muscle mass. It’s a lower intensity physical activity option for a healthy weight.

### Cooks’ Tools.

- FAN cooks plan for healthy eating. How can you share spices with your church? See this month’s “**Cut the Salt and Keep the Flavor**” handout for a list of common herbs and spices.
- This month’s recipe is **salmon with a cream cheese herb spread**. Taste the flavors of salt-free seasonings!

### Monthly Activities.

Strength training happens to be a very good way to build muscle and burn calories, which also makes it a great low intensity addition to a weight-conscious physical activity plan.

Overcome overweight with this month’s tips and tools:  
*moderate intensity activities and strength training exercises*

Included are handouts for increasing moderate intensity activity, [Use stretch bands called \*therabands\* to increase your intensity.](#) Therabands are used by beginners and experts. Using these bands instead of standard weight lifting equipment, like dumbbells, can make it easy for more people to benefit from strength building activities.

May you “*prosper in all things and be in health, just as your soul prospers*”  
*III John 1:2 (New King James Version)*



## Pastor Activity Packs

### MISSION 11: Yes, I Can!

#### FAN Goal of the month: Overcome overweight with physical activity.

**Overweight and obesity** rates are rising and at the expense of our health. Too much weight increases our risk for heart disease, stroke, high blood pressure, type 2 diabetes, breathing problems, arthritis, asthma, breast and colon cancers.

- Facts:**
- ▶ 2 out of 3 U.S. adults are believed to be overweight or obese.
  - ▶ African American women have the highest rates of overweight in the U.S.
  - ▶ When asked, '*During the past month, other than your regular job, did you take part in any physical activities [...] for exercise?*' over 30% of SC African American adults said "no" (BRFSS, 2006).

#### *What You Can Do About It:*

- ▶ **Think "I can":** Believe in yourself and the good things that come from healthy habits (e.g. "I can lower or control my blood pressure by being more active like taking the stairs instead of elevators on most days a week").
- ▶ **Plan for "I can":** Set fair goals for yourself. Long term goals are for where you'll be a year from now, (e.g. "I can better the health of my heart by being active for 30 minutes on 5 or more days each week"). Short term goals help you reach the long term goal (e.g. "I can be active for 10-30 minutes each day").
- ▶ **Act on "I can":** Take steps toward your goals (e.g. "I can keep track of daily goals by wearing my pedometer to track more steps made each day").
- ▶ **Yes, you can!** Celebrate with FAN buddies as you keep track of each other's progress. Encourage yourself and each other. Keep going strong with the feeling of success! (e.g. "I will be a FAN for my health and my church's health!")

(National Center for Health Statistics, 2006; Office of Women's Health, 2007; BRFSS, 2006; Resnick et al, 2008)

#### Activity:

Boost self-confidence for physical activity and get moving (see above and this month's handouts). Also included are exercise guides for strength building. Remember from Mission 8 that strength exercises are great for helping to prevent overweight when done on a regular basis (2-3 times/week). Strength exercises help you burn energy (calories) all day, even when you are not being active (i.e. resting).

#### Share:

- \* Be confident. Being more physically active doesn't mean you have to train like a professional athlete. Aim to move more and you **can** boost your health benefits!
- \* Inspire a fellow church member to be active for strength benefits with you.
- \* Your church is listening. Announce your progress from the pulpit.

*"Now faith is being sure of what we hope for and certain of what we do not see."* Hebrews 11:1 (NIV)





## Moving with Assurance: Have Faith in You



“Now faith is being sure of what we hope for and certain of what we do not see.”

Hebrews 11:1 (NIV)

Don't feel down if goals seem far away. Remember how far you have come since your first step to better health. When we decide that “I can and I will make small changes for my health,” each step after brings us much closer than where we started – even if we step back a bit. No matter how small the steps forward seem, rest assured, they are your big moves. Faith in yourself and God's promises makes the difference. So be proud of yourself, believe in your abilities, count each blessing, and don't give up. Regular physical activity does not have to be a burden. Build on things that you are going to do anyway and watch your confidence soar. One day's decision to take the stairs may lead to parking your car in spaces further from where you are going, and that walk may lead to enjoying daily walks at times just right for your prayer time and fitness.

Questions about the FAN Program? Please contact your church FAN Coordinator.



## Moving with Assurance: Have Faith in You



“Now faith is being sure of what we hope for and certain of what we do not see.”

Hebrews 11:1 (NIV)

Don't feel down if goals seem far away. Remember how far you have come since your first step to better health. When we decide that “I can and I will make small changes for my health,” each step after brings us much closer than where we started – even if we step back a bit. No matter how small the steps forward seem, rest assured, they are your big moves. Faith in yourself and God's promises makes the difference. So be proud of yourself, believe in your abilities, count each blessing, and don't give up. Regular physical activity does not have to be a burden. Build on things that you are going to do anyway and watch your confidence soar. One day's decision to take the stairs may lead to parking your car in spaces further from where you are going, and that walk may lead to enjoying daily walks at times just right for your prayer time and fitness.

Questions about the FAN Program? Please contact your church FAN Coordinator.

## Greetings FAN Cooks!

*This month is all about flavor.*

When you think about flavor what do you see? Many recipes will say “add salt and pepper to taste,” but sometimes we still use too much salt at the table. Like a bad habit, our tables often have napkins, forks, *and* salt shakers. But too much salt can harm our health (more than 1 teaspoon or 2400mg a day is too much). Good thing there is another way to season! If you ever thought salt was the only way to flavor, keep reading!

There are many ways to add flavor to your food. Examples include vinegar (e.g. balsamic), citrus juice and zest (e.g. lemons), condiments like horseradish and mustard, and herbs and spices like peppers, garlic, and thyme. This month’s handout talks about the types and uses of many common herbs and spices. Share this knowledge with your church in more ways than one – *one of the best sharing examples is the kind you can eat*. You could start with the recipe below that uses a nice combination of herbs and spices to dress up the everyday salmon. Ready to hide those extra salt shakers? Taste buds won’t miss a thing.

Note: *Dried herbs and spices are more potent than fresh, so if a recipe calls for fresh herbs and you have the dried kind in your pantry, use them, but keep in mind that you will not need nearly as much as the recipe calls for (e.g. ¼ cup of fresh parsley = 2 tablespoons of dried parsley).*

### Salmon with Herbs

*(brought to you by your Clemson chefs)*

Makes 5 servings

Serving size: 3 ounces (the size of a deck of cards)

#### Ingredients:

1 pound, fresh salmon fillets (boneless)	1 tbsp fresh-squeezed lemon juice
¼ cup fresh oregano, chopped [or 2 tbsp ground oregano]	1 tsp olive oil
¼ cup fresh parsley, chopped, [or 2 tbsp dried parsley]	⅛ tsp ground black pepper
¼ cup green onions, chopped	4 ounces of fat free cream cheese
1 garlic clove, minced	

Wash salmon and cut into serving sizes. Set aside. Add herbs, onions, garlic, lemon juice, olive oil and pepper in a small bowl. Mix well. Once mixed, combine this mixture with cream cheese in a food processor (or stir well by hand). Blend until smooth. Score the flesh side of salmon (make 3 shallow cuts into the meat, on a diagonal/sideways). Coat the sides of the fish with the herb-cream cheese mixture. Bake for about 15 minutes or until the salmon flakes apart when you pick at it with a fork.

\* If you use dry herbs, let them sit a little longer in the lemon juice and oil—this will re-hydrate the herbs so they will become more flavorful.

Total Fat: 13g (Unsaturated: 10.5g, Saturated: 2.5g, Trans: 0g)

Calories: 220    Carbohydrates: 3g    Fiber: 0g    Protein: 24g    Sodium: 180mg    Cholesterol: 60mg

“So whether you eat or drink or whatever you do, do it all for the Glory of God.” I Corinthians 10:31 (NIV)



## Your Plan to "I Can"

*Yes, you can be active!*



▶ **Think "I can":**

Believe in yourself and the good things that come from healthy habits (e.g. "I can lower or control my blood pressure by being more active like taking the stairs more, instead of elevators").

▶ **Plan for "I can":**

Set fair goals for yourself. Long term goals are for where you'll be a year from now, (e.g. "I can better the health of my heart by being active for 30 minutes on 5 or more days each week"). Short term goals help you reach the long term goal (e.g. "I can be active for 10-30 minutes each day").

▶ **Act on "I can":** Take steps toward your goals (e.g. "I can keep track of daily goals by wearing my pedometer to track more steps made each day").

▶ **Yes, you can!** Celebrate with FAN buddies as you keep track of each other's progress. Encourage yourself and each other. Keep going strong with the feeling of success! (e.g. "I will be a FAN for my health and my church's health!").



## Your Plan to "I Can"

*Yes, you can be active!*



▶ **Think "I can":**

Believe in yourself and the good things that come from healthy habits (e.g. "I can lower or control my blood pressure by being more active like taking the stairs more, instead of elevators").

▶ **Plan for "I can":**

Set fair goals for yourself. Long term goals are for where you'll be a year from now, (e.g. "I can better the health of my heart by being active for 30 minutes on 5 or more days each week"). Short term goals help you reach the long term goal (e.g. "I can be active for 10-30 minutes each day").

▶ **Act on "I can":** Take steps toward your goals (e.g. "I can keep track of daily goals by wearing my pedometer to track more steps made each day").

▶ **Yes, you can!** Celebrate with FAN buddies as you keep track of each other's progress. Encourage yourself and each other. Keep going strong with the feeling of success! (e.g. "I will be a FAN for my health and my church's health!").





# Yes, I Can Be Active!

*Small changes lead to big results.*



*There's no doubt about it, physical activity is good for the body.*

It tones muscles, better flexibility, strengthens the heart, lungs, and bones, helps ward off disease, increases energy, and helps keep us a healthy weight. Ready to have these benefits for your own? Then it's time to move with moderate intensity activity!

*Moderate intensity activity* is physical activity that makes you breathe as hard as you would during a brisk walk, and can also include biking, housework and gardening.

*Everyone should be active every day.*

No matter your age, size or shape, you can be physically active, have fun and feel good doing it. It is never too late to start and never too little that counts, if you keep moving toward your goals. Boost your health with 30 minutes a day. Your daily activity doesn't have to happen all at once. Do as little as 10 minutes at a time and you'll be just fine (3 bouts of 10 minute activity periods of moderate intensity activity can offer the same benefits as similar activity done 30 minutes at once) (CDC, 2008).



## **You may face challenges, but you CAN overcome them! Have faith.**

- ✓ **Start slowly.** Your body needs time to get used to new activity, so start where you can and slowly do more over time.
- ✓ **Set goals.** Set short-term and long-term goals. A short-term goal may be to walk 5 to 10 minutes, 5 days a week. A long-term goal can be to do at least 30 minutes of moderate-intensity physical activity on 5 days a week by the end of 6 months.
- ✓ **Build up.** Try breaking your goal into three 10-minute slots. Walk 5 minutes a day for the first week. Walk 8 minutes the next week. Stay at 8-minute walks until your body feels ready for 11 minutes. Continue to lengthen each walk by 3 minutes or walk faster.
- ✓ **Track progress.** Keep a journal of your physical activity or mark the days you are active on your calendar. You may not feel like you are making progress but when you look back at where you started, you may be surprised!
- ✓ **Have fun!** Any physical activity is better than none. Try different activities to find the ones you really enjoy. The more, the better. If you have children, be active together.

**Yes, you can get moving!** Most people of any size, shape and age can do most any physical activity. You do not need special skills, tons of equipment, or even a new daily schedule.



*Turn this page over for a few ideas.*

***Don't change your day.  
Just make your everyday more physically active.***

\* Any activity is better than none. Aim for 30 minutes of moderate intensity activity on 5 or more days each week.

## What?

Walk more      Take the stairs      Dance more      Do yard work      Wash the car

*Can you think of other active household chores or job related tasks?*

## Where?

Anywhere that there is room and time to move.

(E.g. *On the way to work, at home in front of the TV, on the job during breaks, or out running errands*)

## How?

- ❖ Waiting on your favorite television show to come back from commercial? March in place until it comes back on.
- ❖ Do you find it hard to stand for very long? Be active while seated! Dancing while seated lets you move your arms and legs to music while taking the weight off your feet.
- ❖ Take 2 to 3-minute walking breaks at work a few times a day.



- ❖ Take the stairs instead of the elevator.
- ❖ Spend time with your family — play with kids, grandchildren, nieces and nephews, etc.
- ❖ Ready for a lunch break? Walk to your coworker and ask if he or she would like to walk with you to a local restaurant. Enjoy the time away from your desk and the fresh air, too.

- ❖ Get excited about chores like mowing the lawn (push mowers), raking leaves, mopping – it's for your health.
- ❖ Play music while washing the car by hand. The music should be upbeat to help set a great mood to get moving.
- ❖ You don't need a gym to strength train. Make the most of your shopping trips. It is a chance to walk and carry your bags.
- ❖ Stay busy on the job. Walking and lifting as part of the job counts too (e.g. custodial work, farming, auto or machine repair, postal services).



Physical activity does not have to be hard or boring to be good for you. Anything that gets you moving around – even for a few minutes a day – is a step toward a more healthy and active life.

# Moving for Strength Part II

## **Strength Building Exercises with Therabands**

*For safety instructions, please see Theraband Instruction Manual.*

Try these moves out. Choose the best moves for you and work up to 3 days each week for strength training. On these days, aim to repeat each move of your choice 10-15 times before moving on to the next.

	<h3 style="text-align: center;">Elbow Stretch</h3> <p>Begin with right foot extended slightly in front of you on the floor. Stand on one end of the band with your right foot. Bend forward at the hips, keeping your back straight. Grasp the free end of the band and bend elbow. Pull the band behind you by extending your elbow. Hold and slowly return. Repeat on the other side.</p>
	<h3 style="text-align: center;">Shoulder Stretch</h3> <p>Grasp the ends of the band in front of you at shoulder height and take up the slack (be sure to have loose ends). Pull at the ends of the band. Keep elbows straight and squeeze your shoulder blades together. Slowly return. Tip: Keep your lower back straight. Don't hold your breath, and relax after each stretch.</p>
	<h3 style="text-align: center;">Internal Oblique (Side Abdominal) Stretch</h3> <p>Stand with the balls of your feet on the middle of the band. Grasp each end of the band. Stand upright and keep your hands by your side. Bend your torso to the left side and then to the right side (without forward torso movement). Keep hips stationary.</p>
	<h3 style="text-align: center;">Chest Stretch</h3> <p>Grasp the ends of the band behind you at hip height. Pull at the ends of band. Keep elbows straight and spread your shoulder blades apart. You should feel the stretch in your chest as you relax your arms.</p>
	<h3 style="text-align: center;">Calf/Ankle Stretch</h3> <p>Stand with the balls of your feet on the middle of the band. Grasp each end of the tubing. Stand upright and keep your hands by your side. Stand on your toes. Hold and slowly return.</p>



### Seated Leg Stretch

Sit down with your back against a chair. Place one loop around the ball of the right foot. Grasp the other end of the loop with both hands. Bend right knee toward the chest. Extend the right knee pushing the leg downward and away from the body. Repeat on the other side. Tip: Don't lock out the knee.



### Tricep Stretch

Stand with feet shoulder-width apart and back straight. Raise right elbow up to eyebrow level. Grasp one loop with right hand, palm up, drop other loop behind your back and grab with left hand, palm facing out. Maintain this position throughout the exercise. Extend the right hand up, pulling the band. Repeat on other side. Tip: Don't lock your elbow.



### Knee Stretch

Place one ankle inside the loop of the band. Stand on the remaining loop with the opposite leg, securing the band to the floor. Extend looped leg backward, bending the knee. Hold and slowly return. Tip: Maintain your balance with a chair. Keep your back straight and avoid arching your back.



### Standing Hip Abduction (Side) Stretch

Stand inside the loop of the band with feet shoulder-width apart. Stand next to a wall for balance. Move the far leg away from the body, pulling the band apart. Keep foot of moving leg straight and facing forward (do not rotate or twist). Turn around and repeat on the other side. Tip: use a wall for balance.



### Standing Hip Extension (Back) Stretch

Stand facing a wall for balance. Stand inside the loop of the band with feet shoulder-width apart. Move right leg backward, until you feel the stretch in the front of your hip. Keep the lower back still and left knee slightly bent. Repeat on the other side. Tip: Use a wall for balance.



**Calling all Cooks! Get ready for a crash course in seasonings from your Clemson Chefs!** There are plenty of ways to add flavor to a dish. Some examples include vinegar, citrus juice or zest, and condiments like horseradish or mustard. Herbs and spices make up one other exciting example.

Below is a list of common spices and herbs. Try mixing different spices in your cooking to find new layers of flavors for your favorite dishes. There's no way to get bored with all the choices.

Remember: you are in control of your health and taste, so taste the difference!

<b>Herb / Spice / Vegetable</b>	<b>General Flavor*</b>	<b>Cooking Examples</b>
<b>Basil</b>	Slight Green Mint Flavor	With tomatoes, in omelets, on pizza, on grilled chicken and vegetables
<b>Black Pepper</b>	Pungent, somewhat hot	In dishes you want to add some mild heat, soups, meats, fish
<b>Cayenne Pepper</b>	Fiery Hot	Use sparingly, use in dishes you want to add heat to, meats, chili, barbeque
<b>Cinnamon</b>	Slightly Spicy and Sweet	On fruit, in stews and chili, with chocolate, and in baked goods
<b>Cumin</b>	Slightly Bitter, Very Fragrant	In Mexican and Indian Cuisine, in chili, in barbeque
<b>Garlic</b>	Pungent and Bitter	With chicken, sautéed vegetables, potatoes and tomatoes, shrimp, in barbeque
<b>Oregano</b>	Slightly Bitter, Aromatic	On pizza, with tomatoes, in Italian dishes
<b>Paprika</b>	Sweet to hot, somewhat bitter	Use soups, in potato or egg salad, on vegetables
<b>Parsley</b>	Crisp and Herbal	On pizza, with meats, with vegetables, almost anything
<b>Thyme</b>	Slighty Minty and Herbal	With cheese, in cooked vegetables, in bread

\* “Bitter” is not always bad. Many times there is a bad image when they think of something as ‘bitter tasting,’ but this is not always fitting when talking about ingredients. After all, chocolate, coffee and garlic are all considered bitter. Give all spices a chance. You may like something that you never thought you would try.