




THE FAN GOALS

 **1** / Become physically active at a moderate intensity for 150 minutes per week!

 **2** / Eat about 2 cups of fruit and at least 3 cups of vegetables each day.

 **3** / Eat more whole grain foods.

 **4** / Eat less fat, especially saturated fat.

 **5** / Eat less sodium (salt).

FAN Monthly

MONTH 12



Dear FAN Committee,

Welcome to Month 12! Improving your health through reaching the FAN Goals is a great undertaking and we are happy you made it to the final month! This month we will focus on setting new goals.

FAN Goal of the month:

- Set new goals to continue being a FAN of your health!

This is the last month of the FAN Monthly electronic materials and FAN staff would like to thank FAN committee members for all your hard work over the last 12 months. Be proud and celebrate the efforts and steps you and your church members have made to lead a healthier lifestyle.

You have been a FAN for your health by setting goals to: **increase** your faith, *be more* physically active, eat more fruits, vegetables, and whole grains and eat less saturated fat and sodium!

The FAN materials this month focus on setting new goals. Setting new goals is an important part of continuing to make healthy lifestyle changes for your health and for the health of your church members!

Activity: Use this month's materials to help yourself and church members set new goals. Also, take some time to consider how your committee will keep FAN going in this next year. Fill out the "**FAN Program Plan for Year 2**" to identify activities you plan to continue or new activities to start up this next year. Always remind your members to:

Be a FAN for your health: increase your faith, be more physically active, and eat more fruits and vegetables!

Month Twelve Materials

Be a FAN for your health!

Cookin' Corner

Greetings FAN cooks, lead kitchen staff, and menu planners!

We hope that you have gained useful information over the course of this program! It has always been our goal to improve the eating habits of your church without taking away from the enjoyment of food. Eating healthy should never be viewed as a burden. Fruits are as sweet as candy but provide health benefits since they are filled with nutrients and fiber. Meats are enjoyable to many people, but it is important to eat leaner meats and limit the number of servings you eat per week. Also, remember when buying bread, pasta, or rice go with whole grains!

Remember to also try **new foods**. There are so many vegetables, nuts, seeds, and legumes available; too many for us to suggest. Be creative and don't be afraid to experiment. Taste buds in your mouth change every 2 weeks, so that means something you didn't like years ago can taste completely different now. The leading causes of death are preventable, and paying close attention to your diet can greatly reduce the risk of chronic diseases.

The decision of what to buy and what to eat is yours. We have put the information in your hands, what you do with it is up to you. Small changes can have a **big** and *lasting* impact on your health down the road. Knowing what to eat, where to find it, and how to prepare it are key steps to leading a healthier lifestyle. Be sure to refer to all of the monthly materials and continue to use recipes at church events and home!

Handouts. You can hand out these educational materials to your church members, post them on your bulletin board, or use to get ideas for messages to share at worship services.

This month's materials include:

- Be a FAN for your Health!
- Short-Term Goals and Long-Term Goals for Healthy Living
- Goal Setting Worksheet
- SMART Goals
- FAN Program Plan for Year 2

Bulletin inserts. Place these inserts inside your church program. Make an announcement about it during service. This month teaches "Continue to Set New Goals in the Future."

Sweet and Sour Pork (Makes 6 servings)

Ingredients:

*1 ½ pounds boneless top loin of pork (Trimmed of all fat and cut into 1 inch cubes or strips)	half moon slices	1 Tbsp. corn starch dissolved in ½ cup water
½ cup blanched whole almonds	1 large green bell pepper, chopped	1 cup pineapple chunks in juice, drained
1 cup water	1 large tomato, chopped	6 cups cooked brown rice
	½ cup maple syrup	
	½ cup vinegar	
	½ cup ketchup	
	¼ cup reduced sodium soy sauce	

Instructions: Preheat the oven to 300°F. Bake almonds in the preheated oven for 15 minutes and set aside. Meanwhile, bring the water to a boil in a small saucepan. Add the pork and simmer for 5 minutes. Then add the onion, bell pepper, and tomato to the pan and simmer for 5 additional minutes. Drain off excess fluid and keep the pork and vegetables in the pan. Next, put the maple syrup, vinegar, ketchup, and soy sauce in a saucepan, bring to a boil over high heat and boil for 2 minutes. Add the dissolved cornstarch and cook for 3 to 5 minutes to thicken. Then add the vegetables, pork, and pineapple chunks. Add the almonds, cook for 3 more minutes, and serve over brown rice. Use 1 cup of rice for each serving of sweet and sour pork.

* If you prefer not to eat pork, chicken also works great in this recipe!

Nutrition Facts

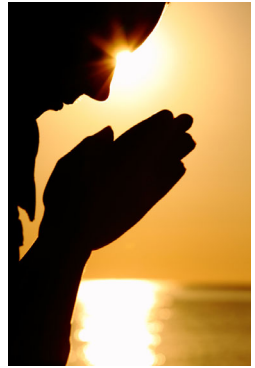
(per serving)

Calories: 430
Total Fat: 18g (Unsaturated: 13.5g, Saturated: 4.5g, Trans: 0g)
Carbohydrates: 40g
Fiber: 3g
Protein: 28g
Sodium 320mg
Cholesterol: 0 mg

“Let your light so shine before men, that they may see your good works and glorify your Father in heaven.”

Matthew 5:16
(NKJV)

Be a **FAN** for your health: Increase your faith, be more physically active, and eat more fruits and vegetables!



Continue on your health journey with **FAN**

Setting New Goals: The SMART way

Here are some strategies to help you and fellow church members set new healthy goals to be physically active and eat healthy.

- Be **SPECIFIC** with the goals you set. For example, instead of setting a goal to increase your physical activity or to eat more fruits and vegetables, set a specific goal to walk around your neighborhood for 30 minutes three days a week, or to eat one extra vegetable dish a day.
- **MEASURE** your goals. Take time to write down your goals, and keep track of your progress. Try posting your goals and progress in a place where you will see them often, such as on your refrigerator. You should be able to know whether or not you have achieved your goal. One example of a measureable goal is, “I want to eat 5 cups of fruits and veggies every day.”
- Set goals that are **ATTAINABLE** and **REALISTIC**. You should be able to reach the goals you set. Start out by setting small goals that you know you can achieve. A realistic, attainable goal is, “I want to be able to walk a mile” or “I will eat fried foods only once a week.” You will be successful if you set goals you know you can reach.
- Be **TIME-ORIENTED** with your goals. Attach a time frame to your goals so you can track your progress and determine if you have achieved them. For example, instead of saying “I will lose 5 pounds,” say “I will lose 5 pounds in 2 months.”



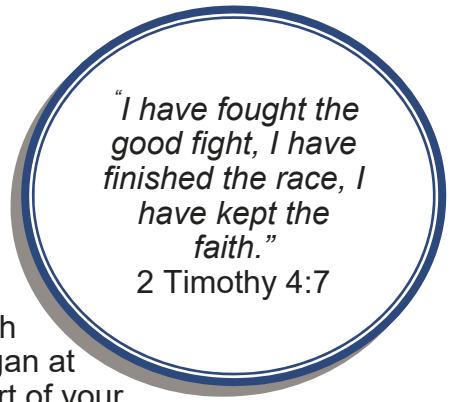
Pastor Activity

Dear Pastor,

Welcome to Month 12! We want to say congratulations on all the hard work and strong leadership you have provided throughout the course of this program.

Think back to health goals you have accomplished over the last year with FAN. Praise and celebrate your successes. When the FAN program began at your church, we asked you to set health goals that you could make a part of your healthy lifestyle plan.

Now that we have reached the final month of the FAN newsletters and your pastor activities, we would like you to set **new** health goals for both yourself and your church. Setting goals is an important part of making healthy lifestyle changes. **Take time** to set both short-term and long-term health goals. Don't let your momentum die! Carry forward with FAN goals of **healthy eating** and increased **physical activity** in yourself and in your church!



Activity:

Set new goals for healthy eating and physical activity.

1. Complete the **Goal Setting Worksheet** and outline your new health goals. Note: Be sure to set your new goals the **SMART** way by using the **SMART Goals** handout.
2. Also, read the handout **Short-Term Goals and Long-Term Goals for Healthy Living**. This handout provides information about how setting short-term goals can help you achieve your long-term goal of leading a healthier lifestyle.
3. Plan ahead for the upcoming year! Work with your FAN committee members to complete the "**FAN Program Plan for Year 2**". You can identify what opportunities for physical activity were available this year and brainstorm new opportunities to add. Also, think about the healthy eating strategies your church used over the past 12 months and discuss what ways you can continue to support the FAN goals.

Share this message:

- Your FAN materials have the **Goal Setting Worksheet** that you can make copies of and share. Inspire a fellow church member to set new goals the SMART way.
- Your church looks to you for guidance. Announce your commitment to health during the worship service!
- Remind your congregation of all the ways they can honor God through taking care of their bodies. Consider 1 Corinthians 10:31 - "*Therefore, whether you eat or drink, or whatever you do, do all to the glory of God.*" (NKJV)

