

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 8



Dear FAN Committee,

"Therefore do not cast away your confidence, which has great reward."
Hebrews 10:35
(NKJV)

Welcome to Month 8! This month we promote self-confidence for eating more fruits and vegetables and for being physically active at any level.

FAN Goals of the month:

Be confident! Eat more fruits and vegetables and be more physically active than you were before. Share this message with your congregation!

Be More Confident to Reach your FAN Goals Healthy Eating...

Living a healthier lifestyle takes self-confidence. Sometimes taking on a big challenge like eating healthy can seem overwhelming; and it is! You must be confident in yourself that you have what it takes to make the right choices to eat healthy. Try

to set small, real, and achievable goals. Start low and go slow and you will succeed. Confidence is key in helping us to reach our goals.

The Bible says, "For the Lord will be your confidence, And will keep your foot from being caught." (Proverbs 3:26, NKJV) Encourage church members to be **confident** for their health and eat more fruits and vegetables!

Physical Activity...

Encourage your FAN committee members to exercise and remind them that they *can* achieve the FAN goal of 150 minutes of moderate intensity per week. Again, start low and go slow. The more **confident** someone is in their ability to be physically active, the *more likely* they are to be physically active!

Month Eight Materials

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:

- Building Greater Confidence
- 10 Tips Be Active Adults
- Cut the Salt and Keep the Flavor
- Arthritis and Physical Activity
- CDC's Arthritis Program's Five Key Takeaways
- Get Started! Eating Healthy and Moving More Parent Tips

Bulletin inserts. Place these inserts inside your church program. Make an announcement about it during service. This month teaches "Moving with Assurance: Have Faith".

Next Issue. The upcoming FAN Monthly for Month 9 will focus on how you can maintain a healthy environment that encourages physical activity and healthy eating.

Cut the salt and keep the flavor!

Cookin' Corner

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

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. It's a good thing there are other ways 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, "**Cut the Salt and Keep the Flavor**" 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 examples to share is the kind you can eat! You could start with the recipe below that uses a nice combination of herbs, spices, and other flavorings to dress up the everyday chicken. Ready to hide those salt shakers? Your taste buds won't miss a thing!

FAN Tip:

Dried herbs and spices are more potent than fresh herbs and spices, 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. For example, 1/4 cup of fresh parsley is equivalent to 2 tablespoons of dried parsley. Let dried herbs sit a little longer in a bit of lemon juice and oil—this will re-hydrate the herbs so they will be-come more flavorful.

Caribbean Chicken

Makes about 6 servings

Ingredients:

1 pound chicken breasts, boneless, skinless
2 Tbsp water
1 Tbsp vegetable oil
2 oranges
1 (13.25 oz.) can pineapple chunks

2 tsp cornstarch
1 tsp ginger
1/4 cup honey
dash of black pepper
dash of onion powder
dash of garlic powder
dash of paprika
dash of cayenne pepper

Instructions:

1. Take 2 tsp of rind from one orange and juice, peel, and slice other orange.
2. Drain pineapple juice from can and combine with orange juice, the orange rind, honey and ginger.
3. Season chicken with pepper, onion powder, garlic powder, cayenne and paprika. Sauté in oil on both sides until golden brown.
4. Pour orange-pineapple juice mixture over chicken and simmer for 40 minutes.
5. Once chicken has reached 165°F internally, remove from pan and set aside in warm area.
6. Mix cornstarch and water together thoroughly and then whisk into remaining juices in the pan. Heat to a boil while stirring.
7. Add pineapple chunks and orange slices to the mixture and then serve over chicken.

Nutrition Information	
Calories	260
Total Fat	9g
Saturated Fat	2g
Carbohydrates	28g
Fiber	2g
Protein	17g

May you “*prosper
in all things and be
in health, just as
your soul prospers*”

III John 1:2
(NKJV)

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



Arthritis Information

Did you know that nearly **52.5 million** adults in the United States have some form of arthritis? It occurs most frequently as people age and is most common among women.

What is Arthritis?

Arthritis is a very common occurrence, but not very well understood. “Arthritis” often refers to joint pain or joint disease and there are **more than** 200 different types of arthritis! Symptoms involve pain, aching, stiffness, and swelling in one or more joints.

Arthritis has a significant impact on how people experience their daily lives. Around 18% of disabilities are caused by arthritis or rheumatism—which makes it the most **common cause** of disability in the United States.

Regular Physical Activity...

- Has a **positive effect** on arthritis
- **Can improve** pain, function, and mental health

Remember to start slow and build up to the 150 minutes of moderate-intensity physical activity each week. Without exercise, those

with arthritis are at risk for diseases like: cardiovascular disease, diabetes, and obesity.

Try some **joint-friendly** exercises such as: walking, swimming, or riding a bike. As the FAN committee, think of ways you can incorporate physical activity that will help your congregation and will be fun to do!

Healthy Eating can...

- **Help** manage your weight
- Help **reduce** inflammation

For arthritis you want to eat more of the foods that help maintain your weight and reduce inflammation, and eat less of the foods that are high in sugar, salt, and saturated fat. Did you know that the way to address arthritis matches up with FAN’s 4 healthy eating-related goals? Check it out:

1. Eat **more** fruits and vegetables
Fruits and vegetables are packed with antioxidants and can help reduce inflammation
2. Eat **more** **whole grains**
Whole grains, like brown rice, whole-wheat flour, and oatmeal, can also help reduce inflammation.
3. Eat **less** saturated fat
Saturated fat is found in butter, meats, and processed foods. Saturated fat raises cholesterol and may contribute to inflammation.
4. Eat **less** salt or sodium
Many processed foods contain high levels of sodium or salt. Remember, salt can elevate blood pressure!



"Now faith is the substance of things hoped for, the evidence of things not seen."
Hebrews 11:1
(NKJV)

Pastor Activity

Dear Pastor,

We know that making lifestyle changes can be challenging. We all have wanted to make a change at one point that seems to have gotten side-tracked. Sometimes, it's hard to figure out where to begin. These experiences can often challenge your confidence. That's okay! Becoming confident is an important part of developing a long-term commitment to healthy living and it will grow each success! Have faith that change is possible! Develop an "I can" spirit and watch your confidence in your ability to eat healthier and to be physically active grow!

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 a pedometer (or fitness tracker or fitness app) and increase my daily step count by 500 each week").
- **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!")

Activity: *Boost self-confidence for physical activity and get moving.* Sometimes taking on a big challenge like eating healthy or being physically active can seem overwhelming. You may wonder if you have what it takes to success or you may wonder how you will feel if you are not successful. But, don't worry! Pastors know that the Bible says, "For the Lord will be your confidence, And will keep your foot from being caught." (Proverbs 3:26, NKJV) Let your confidence lead others in faith and in reaching goals for healthy living.

- 1) Review the **"Yes, I Can Be Active!"** handout. Read the suggestions for how to incorporate more physical activity and add in your own!
- 2) Use the **"Building Greater Confidence"** handout to help build up your own confidence with living a spiritually and physically healthy life.

Share this message:

- * 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!
- * Use your handouts to inspire a fellow church member, or church group, to be confident and eat more fruits and vegetables.
- * Your church is listening. Announce your progress during your worship service!

