

DEMONSTRATION



Tools

- 1 tsp – measuring spoon(s)**
- Small clear drinking glass(es)**
- Cup(s) of sugar**
- Can of regular soda (12 oz)**

Ask audience participant(s) to come up and measure how many teaspoons sugar they think are in a 12 oz can of soda. You may want to have several audience participants do this at the same time and then give a small prize for the one who comes closest. (10 tsp per soda)

You may want to ask the audience participants to write down how many sodas they drink per day. Explain that by reducing their soda intake by one per day, they would eliminate nearly 35 pounds of sugar a year from their diet and could potentially reduce their weight by 15 pounds!

POSTER:

This poster is good to put on your soda machine at your church or work as a reminder.

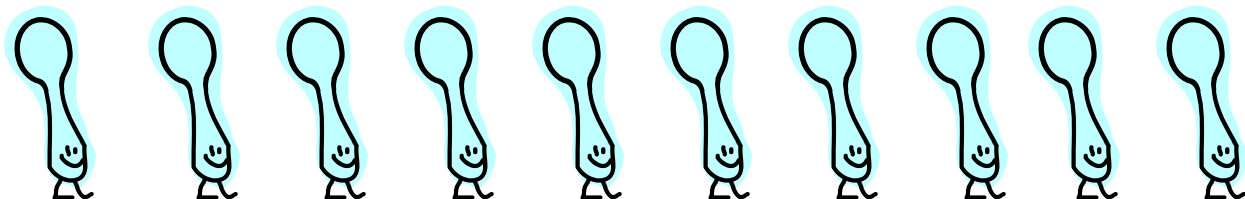
You may also want to create a larger poster/bulletin display by using elements such as measuring spoons, pictures of soda, teaspoons, etc.

Warning: Sodas and bags/boxes of sugar may be removed from your displays. To discourage others from taking these items, use an empty soda can and dump out the sugar from the box or bag and refill with rocks or other weighted filler. This will help discourage others from taking these items and help keep your display intact.

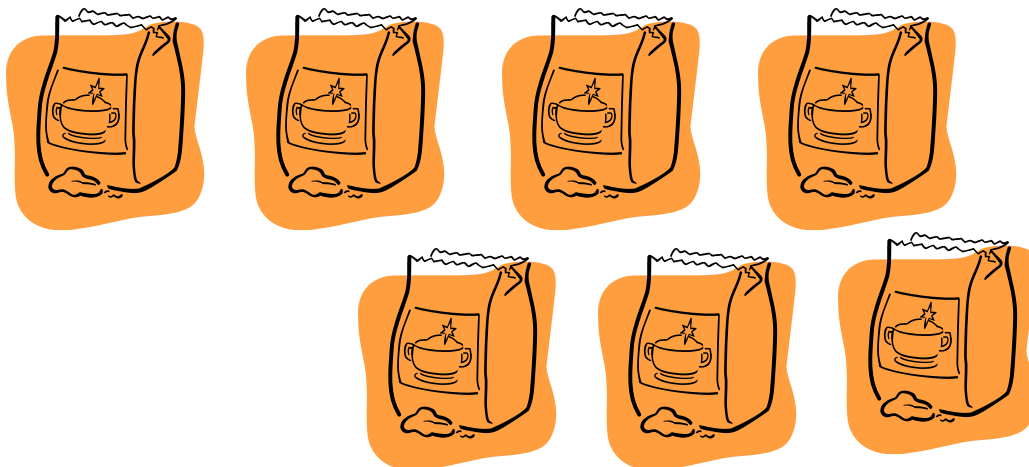
One 12 oz can of soda



Contains **10** teaspoons of sugar
(150 calories)



If you drink **one can** of soda each day in a year
You will have eaten about **35 pounds** of sugar!



By drinking one extra soda a day,
You may gain **15 pounds** of weight in a year!

For display only, please do not remove any part of this display.

Thank you!!



POSTER



The small sugar in soda poster is good to put on your soda machine at your church or your worksite as a reminder.

You may also want to create a larger poster/bulletin display by using elements such as measuring spoons, pictures of soda, teaspoons, etc.



Warning: Sodas and bags/boxes of sugar may be removed from your displays. To discourage others from taking these items, use an empty soda can and dump out the sugar from the box or bag and refill with rocks or other weighted filler. This will help discourage others from taking these items and help keep your display intact.

DEMONSTRATION—Sugar in Soda



Tools Needed

- 1 tsp – measuring spoon(s)**
- Small clear drinking glass(es)**
- Cup(s) of sugar**
- Can of regular soda (12 oz)**

Ask audience participant(s) to come up and measure how many teaspoons sugar they think are in a 12 oz can of soda. You may want to have several audience participants do this at the same time and then give a small prize for the one who comes closest. (10 tsp per soda)

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EVENTS

Have Faith In Heart Day Women & Heart Disease

◇ See Packet

Think—Time—Space--Resources

What events are taking place in January/February/March where you could host a Have Faith In Heart Day?

- Sunday or Sabbath services
- Special meetings or services involving mainly women of you church/organization

HEALTH MINISTRY TOOL KIT

TOPIC: NUTRITION—REDUCING SODIUM—LABEL READING
TITLE: SHAKE THE SALT HABIT
DESCRIPTION: LABEL READING CONTEST
TIME: 4 TO 6 WEEKS
HOW:

1st—Minister’s approval. Get your minister’s approval for conducting the Shake the Salt Habit activity.

2nd—Select the date. Choose dates to begin and end the Shake the Salt Habit activities. Allow at least 4 weeks to conduct the activity.

3rd—Ask for help. Ask others in your church to help you promote the activity.

4th—Promote your Shake the Salt Habit

Church Bulletin – Put announcement in the church bulletin asking your members to “Shake the Salt Habit.”

Worship Services – Announce Shake the Salt Habit during worship services at your church or pass out information sheets before or after services.

Bulletin Board – Post announcements and displays on church bulletin boards or at your health ministry display table.

Announce from the pulpit – To kick off your Shake the Salt Habit activity, ask your minister or someone to do a brief presentation (2 minutes) recognizing the important role sodium (salt) plays in avoiding high blood pressure (hypertension).

5th—Display. Set up a Shake the Salt Habit display. Allow at least 4 weeks for people to pick up entry forms and return them to your display. Provide a box to deposit the entries. Perhaps your youth would like to decorate the box. Get them involved.

6th—Prizes. Baskets for fresh fruits and vegetables along with kitchen utensils create great prize baskets. Electric grills, nonstick griddles, small electric choppers, cutting boards all add to a healthy kitchen. Churches participating in Search Your Heart will be provided a prize to use as an incentive to participate. Feel free to solicit other prizes to be given out at the drawing.

Church Registration Form
Shake the Salt Habit info sheet
Sample Shake the Salt Habit entry form
Sample Shake the Salt Habit posters
Shake the Salt Habit education flyer



SHAKE THE SALT HABIT

To enter for a chance to win a free gift, check the labels on foods you buy. If a food contains **more than 500 mg of sodium (salt)**, record the following information below and drop this entry from in the box for the prize drawing. Enter as many times as you wish, just make sure it is a different food item each time you enter. The drawing will be held on

(Please Print)

Food Item _____

Brand _____

Serving Size _____

Sodium content _____ mg

Your Name _____

Phone Number _____

Nutrition Facts

Serving Size 2 Crackers (14g)
Serving Per Container 21

Amount Per Serving

Calories 60 **Calories from Fat** 15

% Daily Values*

Total Fat 1.5g **2%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 70mg **3%**

Total Carbohydrate 10g **3%**

Dietary Fiber less than 1g **3%**

Sugars 0g

Protein 2g

Vitamin A 0%

Vitamin C 0%

Calcium 0%

Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Information on Sodium – may be used for bulleting, display, back of entry forms, etc.

SHAKE THE SALT HABIT

Salt is sodium chloride. In some people, too much sodium leads to or worsens high blood pressure. Having less sodium in your diet may help you avoid high blood pressure. People with high blood pressure are more likely to develop heart disease and stroke.

How much sodium do I need?

The average American eats about 10 times more sodium than they need daily. For healthy people, the American Heart Association recommends a maximum of 2,300 milligrams of sodium a day. For people with high blood pressure, their physician may recommend a lower level. Most of the sodium in our diets comes from adding it when food is being prepared. Pay attention to food labels, because they tell how much sodium is in the food products.



A HEALTH & WELLNESS EQUATION

Awareness + Knowledge + Action = HEALTH & WELLNESS

Awareness Understand that there is a problem.

Knowledge Understanding the problem

Action Working with a healthcare team
Medication compliance
Improving nutrition
Increasing physical activity

A HEALTH & WELLNESS MINISTRY EQUATION

Your Team:

Who is on your team?

What skills, talents and interests do they have?

Who is needed on your team?

Your Audience:

Who do you want to reach?

What groups/ministries/events currently exist?

Your Activities:

What has been done?

What worked & why?

What didn't work & why?

Your Goal - SMART

Specific

Who is involved?

Where – Identify a location.

When – Establish a timeline.

Which – Identify requirements and constraints.

Why – Specific reasons, purpose or benefits of accomplishing the goal

Measurable

Establish concrete criteria for measuring progress toward the attainment of each goal you set. When you measure your progress, you stay on track, reach your target dates, and experience the exhilaration of achievement that spurs you on to continued effort required to reach your goal. To determine if your goal is measurable, ask questions such as. . . How much?, how many? How will I know when it is accomplished?

Attainable

When you identify goals that are most important to you, you begin to figure out ways you can make them come true. You develop the attitudes, abilities, skills, and financial capacity to reach them. You begin seeing previously overlooked opportunities to bring your self closed to the achievement of your goals. You can attain most any goal you set when you plan steps wisely and establish a timeframe that allow you to carry out those steps. Goals that may have seemed far away and out of reach eventually move closer and become attainable, not because your goals shrink, but because you grow and expand to match them. When you list your goals, you build your self-image. You see yourself as worthy of these goals, and develop the traits and personality that allow you to possess them.

Realistic

To be realistic, a goal must represent an objective toward which you are both *willing* and *able* to work. A goal can be both high and realistic; you are the only one who can decide just how high your goal should be. But be sure that every goal represents substantial progress. A high goal is frequently easier to reach than a low one because a low goal exerts low motivational force. Some of the hardest jobs you ever accomplished actually seem easy simply because they were a labor of love. Your goal is probably realistic if you truly *believe* that it can be accomplished. Additional ways to know if your goal is realistic is to determine if you have accomplished anything similar in the past or ask yourself what conditions would have to exist to accomplish the goal.

Timely

A goal should be grounded within a timeframe. With no timeframe tied to it, there is no sense of urgency. If you want to lose 10 lbs., when do you want to lose it by? “Someday” won’t work. But if you anchor it within a timeframe, “by May 1st”, then you set your unconscious mind into motion to begin working on the goal. **T** can also stand for **Tangible**. A goal is tangible when you can experience it with one of the senses, that is, taste, touch, smell, sight or hearing. When your goal is tangible you have a better chance of making it specific and measurable and attainable.

Adapted from www.topachievement.com



HEALTH MINISTRY TOOL KIT

TOPIC: ANNOUNCEMENTS

DESCRIPTION: HEALTH TOPIC FOR BULLETINS-NEWSLETTERS

TIME: JANUARY OR FEBRUARY TOPIC: GO RED FOR WOMEN

HOW: The following announcements can be included in your bulletins or newsletter or as additions to a bulletin board display for the month of January or February, depending on when you have planned your Go Red For Women event. These are only samples and you are encouraged to create your own listing.

WEEK ONE:

Go Red for Women, a national movement led by the American Heart Association, is raising women's awareness for heart disease, their No. 1 killer, and helping women lower their risk and live longer, stronger lives. Join us and wear red on _____ **(insert date)**

- One in three females has some form of cardiovascular disease.
- Since 1984, each year more women than men have died of cardiovascular disease.

WEEK TWO:

This is a reminder that we are holding Go Red For Women event on _____ **(insert date)** because every minute of every day another woman in our country dies of cardiovascular disease.

- In 2004, cardiovascular disease claimed the lives of 460,000 females in the U.S.
- More than 7 million women have a history of heart attack or angina pectoris (chest pain or discomfort caused by reducing blood supply to the heart muscle) or both.

WEEK THREE:

This is the final reminder that we're encouraging everyone to attend and wear red at our Go Red For Women event (insert date) to help raise awareness that heart disease is women's No. 1 killer.

- Heart disease is often preventable. Please encourage friends and family members to join the Go Red For Women movement and make healthy lifestyle choices to protect their health.
- The American Heart Association has an online risk assessment called Go Red Heart CheckUp. Women who take this quick assessment can learn their risk of having a coronary event in the next 10 years—and steps they can take to reduce their risk. To learn more, visit goredforwomen.org or call toll free 1-800-AHA-USA1.

WEEK FOUR (or run each week):

Together, we can help save lives—perhaps even the life of a member of our congregation/organization by educating women about their risk of heart disease. Join others from our church/organization on:

Saturday, March 21, 8:30 AM—1:30 PM at the Hilton St. Petersburg Carillon Park
and come together and wear red to support women's hearts at the

5th Annual Heart & Spirit of a Woman Conference
“Build Bridges, Make Friends, Pass It Along”

The church and organization with the most women in attendance will receive a prize. Wear red to the conference and receive a free cookbook and help (insert church/organization) win a prize. Lunch is included and space is limited, you must register to attend. See your health ministry team member (insert name) to get more information about this FREE faith-based conference to celebrate and share a heart connection. Presented in partnership by the American Heart Association and the St. Petersburg—Tampa Bay—Clearwater/Largo Chapters of the National Black Nurses Association, Inc.



HEALTH MINISTRY TOOL KIT

TOPIC: ANNOUNCEMENTS

DESCRIPTION: HEALTH TOPIC FOR BULLETINS-NEWSLETTERS

TIME: JANUARY

TOPIC: PHYSICAL ACTIVITY

HOW: The following announcements can be included in your bulletins or newsletter or as additions to a bulletin board display for the month of January. These are only samples and you are encouraged to create your own listing.

WEEK ONE:

Did you know....? When you are not physically active you are more likely to

- Get heart disease
- Get type 2 diabetes
- Have high blood pressure
- Have high cholesterol
- Have a stroke

Aerobic activity or “cardio” gets you breathing harder and your heart beating faster. From pushing a lawn mower, to taking a dance class, to biking to the store – all types of activities count. As long as you’re doing them at a moderate or vigorous intensity for **at least 10 minutes at a time**. If you haven’t been very active lately, increase your activity level slowly. You need to feel comfortable doing moderate-intensity activities before you move on to more vigorous ones.

WEEK TWO:

How do you know if you’re doing light, moderate, or vigorous intensity aerobic activities?

For most people, light daily activities such as shopping, cooking, or doing the laundry doesn’t count toward the guidelines. Why? Your body isn’t working hard enough to get your heart rate up.

Moderate-intensity aerobic activity means you’re working hard enough to raise your heart rate and break a sweat. One way to tell is that you’ll be able to talk, but not sing the words to your favorite song. Here are some examples of activities that require moderate effort:

- Walking fast
- Doing water aerobics
- Riding a bike on level ground or with a few hills
- Playing doubles tennis
- Pushing a lawn mower

Vigorous-intensity aerobic activity means you’re breathing hard and fast, and your heart rate has gone up quite a bit. If you’re working at this level, you won’t be able to say more than a few words without pausing for a breath. Here are some examples of activities that require vigorous effort:

- Jogging or running
- Swimming laps
- Riding a bike fast or on hills
- Playing singles tennis
- Playing basketball

Turn over



WEEK THREE:

If you have not been active in some time, start at a comfortable level and add a little more activity as you go along. Some people find that getting active with a friend makes it easier to get started.

Is there something holding you back? Think about reasons why you have not been physically active. Then try to come up with some ways to get past what is keeping you from getting active. Have you said to yourself . . . ?

I haven't been active in a very long time.

Solution: choose something you like to do. Many people find walking helps them get started. Before you know it, you will be doing more each day.

I don't have the time.

Solution: Start with 10-minute chunks of time a couple of days a week. Walk during a break. Dance in the living room to your favorite music. It all adds up.

It costs too much.

Solution: You don't have to join a health club or buy fancy equipment to be active. Play tag with your kids. Walk briskly with your dog for 10 minutes or more.

Write down some things you could do to get past what may be holding you back.

WEEK FOUR:

Start by doing what you can, and then look for ways to do more. If you have not been active for a while, start out slowly. After several weeks or months, build up your activities—do them longer and more often.

Walking is one way to add physical activity to your life. When you first start, walk 10 minutes a day on a few days during the first couple of weeks.

Add more time and days. Walk a little longer. Try 15 minutes instead of 10 minutes. Then walk on more days a week.

Pick up the pace. Once this is easy to do, try walking faster. Keep up your brisk walking for a couple of months. You might want to add biking on the weekends for variety.

WEEK FIVE:

Check out local resources for fitness activities available for free or at low cost at:

<http://www.findthefunnow.com/>



HEALTH MINISTRY TOOL KIT

TOPIC: ANNOUNCEMENTS

DESCRIPTION: HEALTH TOPIC FOR BULLETINS-NEWSLETTERS

TIME: MARCH **TOPIC:** FAD DIETS

HOW: The following announcements can be included in your bulletins or newsletter or as additions to a bulletin board display for the month of March, Nutrition Month. These are only samples and you are encouraged to create your own listing.

WEEK ONE:

When bathing suit season approaches, there's always a diet that promises you'll be thinner in six weeks. No matter which hook a fad diet is using, it isn't reasonable to expect miraculous weight loss that will last. The trick is to find an everyday eating plan that not only keeps the pounds off but also provides the right balance of calories and nutrition – and that combination requires a lifestyle change.

While most fad diets result in quick weight loss early on, more research is needed on the effectiveness for long-term weight loss. If followed for a long time, these diets may result in potential health problems. To lose weight safely and effectively, you should eat an appropriate number of calories from a balanced diet rich in fresh fruits and vegetables, whole grains, and fat-free dairy products. Also cut back on the nutrient-poor foods, and be physically active.

WEEK TWO:

Fad diets can be nutrition nightmares that shouldn't be sustained over time. Eating a balanced diet every day is the best way to maintain a healthy weight and prevent illness and disease.

You know it's a fad diet if it:

- Promises magic or miracle foods that burn fat.
- Requires you to eat unusual quantities of only one food or food type.
- Requires rigid menus of a limited selection of foods to be eaten at a specific time and day.
- Requires you to eat specific food combinations in certain sequences or combinations.
- Promises rapid weight loss of more than two pounds a week.
- Has no warning for those with diabetes or high blood pressure to seek medical advice before starting the diet.
- Does not include increased physical activity as part of the plan.

Turn over



WEEK THREE:

To lose weight effectively, you need to set realistic goals and create a personal action plan. Your planning should focus on you, your commitment to yourself, and the three essential circles – think smart, eat well and move more. These circles will overlap as you work toward your goals, and you will need to embrace all three to achieve successful weight control for life.

Think Smart: Find a New Start

Making good choices is the cornerstone of success. If negative thinking is affecting your choices, it is important to learn how to change the way you think.

Eat Well: A Personal Approach to a Healthful Weight

To lose weight, you need to take in fewer calories than you expend. As you reduce calories, you also need to pay attention to the essentials of good nutrition.

Move More: More Fit and Less Fat

It's true that calorie reduction is the key to weight loss, but to keep off the pounds for good, you have to get moving and keep moving.

WEEK FOUR:

Maintaining Momentum: Keep Up the Good Work—Think Smart; Eat Well; Move More. Success comes from progressive movement toward your goal. Small changes on a daily basis can bring big results. The desire and momentum to keep new habits in place for a lifetime come from you.

Pass It On: Food, fitness, and the Family. Parents have a strong influence on their children's food choices and activities. If parents embrace good eating habits and enjoy physical activity, they establish a home environment that leads children in the right direction.

Check out the American Heart Association's [No-Fad Diet: A Personal Plan for Healthy Weight Loss](#) available at bookstores and the public library or go to www.americanheart.org or call 1-800-AHA-USA1 for more information about healthy ways to achieve your ideal weight.



HEALTH MINISTRY TOOL KIT

TOPIC: ANNOUNCEMENTS

DESCRIPTION: HEALTH TOPIC FOR BULLETINS-NEWSLETTERS

TIME: APRIL

TOPIC: SODIUM/LABEL READING

HOW: The following announcements can be included in your bulletins or newsletter or as additions to a bulletin board display for the month of April. These are only samples and you are encouraged to create your own listing.

WEEK ONE:

What are the common sources of sodium? When you must reduce the amount of sodium (salt) you eat, be aware of both **natural** and **added** sodium content. Table salt is sodium chloride. When you buy prepared and packaged foods, read the labels. Watch for the words “soda” (referring to sodium bicarbonate or baking soda) and “sodium” and the symbol “Na.” These products contain sodium compounds. Some drugs have high amounts of sodium. Carefully read the labels on all over-the-counter drugs. Look at the ingredient list and warning statement to see if the product has sodium. A statement of sodium content must be on labels of antacids that have 5 mg or more per dosage unit (tablet, teaspoon, etc.). Some companies are now producing low-sodium over-the-counter products. If in doubt, ask your doctor or pharmacist if the drug is OK for you.

WEEK TWO:

Trying to reduce your salt intake? Here are foods you should limit:

- Salted snacks
- Fish that’s frozen, pre-breaded, pre-fried or smoked; also fish that’s canned in oil or brine like tuna, sardines or shellfish
- Ham, bacon, corned beef, luncheon meats, sausages and hot dogs
- Canned foods and juices
- Commercially made main dishes like hash, meat pies and frozen dinners with more than 700 mg of sodium per serving
- Cheeses and buttermilk
- Seasoned salts, meat tenderizers and MSG
- Ketchup, mayonnaise, sauces and salad dressings

WEEK THREE:

Trying to reduce your salt intake?

- Avoid adding table salt to foods.
- Use salt substitutes (with your doctor’s approval) or herbs and spices. Most spices naturally contain very small amounts of sodium.
- Eat fresh lean meats, skinless poultry, fish, egg whites and tuna canned in water.
- Choose unsalted nuts and low-sodium peanut butter. Cook dried peas and beans.
- Use products made without added salt; try low-sodium bouillon and soups and unsalted, fat-free broth.
- Rinse canned vegetables, beans and shellfish to reduce salt.

Turn over



WEEK FOUR:

Trying to reduce your sodium intake? Here's how you can learn more about reducing salt in you diet.

1. Talk to your doctor, nurse or other healthcare professionals. If you have heart disease or have had a stroke, members of your family also may be at higher risk. It's very important for them to make changes now to lower their risk.
2. Call 1-800-AHA-USA1 (1-800-242-8721) or visit americanheart.org to learn more about heart disease.
3. For more information on stroke, call 1-888-4-STROKE (1-888-478-7653) or visit StrokeAssociation.org. We have many other fact sheets and educational booklets to help you make healthier choices to reduce your risk, manage disease or care for a loved one.

WEEK FIVE:

Learn to recognize warning signs.

Warning Signs of Heart Attack:

Some heart attacks are sudden and intense, but most of them start slowly with mild pain or discomfort with one or more of these symptoms:

- Chest discomfort
- Discomfort in other areas of the upper body
- Shortness of breath with or without chest discomfort
- Other signs including breaking out in a cold sweat, nausea or lightheadedness

Warning Signs of Stroke:

- Sudden weakness or numbness of the face, arm or leg, especially on one side of the body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause

**What should you do if you experience the Warning Signs of Heart Attack and Stroke?
Call 9-1-1 . . . Get to a hospital immediately!**



HEALTH MINISTRY TOOL KIT

TOPIC: ANNOUNCEMENTS

DESCRIPTION: HEALTH TOPIC FOR BULLETINS-NEWSLETTERS

TIME: _____ **TOPIC:** _____

HOW: The following announcements can be included in your bulletins or newsletter or as additions to a bulletin board display for the month of April. These are only samples and you are encouraged to create your own listing.

WEEK ONE:

WEEK TWO:

WEEK THREE:

WEEK FOUR:

WEEK FIVE:



HEALTH MINISTRY TOOL KIT

TOPIC: INCREASING FITNESS (SYH-MODULE 8, 9 & Signature Event)

TITLE: WALKING TO JERUSALEM

DESCRIPTION: WALKING CLUB

Create a walking club to collectively walk the distance from Tampa Bay to Jerusalem.

TIME: Option #1 – 268 days (8 months)

Option #2 – 134 days (about 4 1/2 months)

HOW:

1st—Recruit 25 members to pledge to walk 1 mile a day (approx. 2000 steps) for 268 days or 2 miles a day (approx. 4000 steps)

2nd—Get them started (See STEP—GETTING STARTED form).

Pass out copies of the Step One-Getting Started forms. Ask your members to think about helping your church/organization to walk the distance between Tampa Bay and Jerusalem. To get started, they should try to walk for 10 to 15 minutes each day for the next week. But even walking as little as one day they can qualify to join the Walk To Jerusalem. Instruct them to cross off or color in one tennis shoe each day they do a 10-15 minute walk and then bring it in to turn in the following week for a prize. Incentives such as T-shirts, mugs, pedometers, water bottles, etc. can be offered. You don't have to spend a lot of money. Recognition in a church newsletter or posting names on a bulletin board can be very effective. Local businesses may even be willing to donate products or services as a public relations effort.

3rd—Ready, Set—Let's Go! (See READY, SET, LET'S GO WALKING TO JERUSALEM form). Ask members to walk at least one mile each day, approximately 2000 steps and to record each time they complete 2 miles. Set a deadline for them to complete their Ready, Set, Let's Go form and turn it in to the health ministry team.

4th—Celebrate your trip!

You may want to recruit team leaders and assign them to keep in touch with their team members. Encourage teams to create team names and make it fun and festive. You may also decide to keep a chart with distance walked by each team and/or the whole group and post it in a visible place at your site.

Ask your minister/leader to recognize and encourage the walkers in their efforts. Put reminders and recognition in your bulletins and newsletters.

Involve your youth in learning more about what they might see when they get to Jerusalem. What if it were 2000 years ago? What would they have seen?

At the end of your Walking to Jerusalem trip, plan a celebration. Make awards for the team with the most miles; the member walking the furthest; a "Lifestyle Change Hero Award"; the "At Least You Tried Award." You could give an award to the member of each team who walked the greatest distance. Use your imagination and make it fun. Remember to make any snacks—not only delicious but nutritious.

YOU MADE IT! WELCOME TO JERUSALEM!



STEP 1 . . . GETTING STARTED



Do you believe that exercise must be hard to be good for you? Think again. Studies show that increasing your daily physical activities like walking and taking stairs can provide health benefits. So get moving! Take a 15 minute walk today (try to walk 2000 steps). It will do your heart good. For each 10-15 minute walk you take this week, shade in one walking shoe on this form. Turn it in next Sunday to:



at _____



You will receive a gift if you complete at least **one** 10-15 minute walk.
Your signature



1 John 1:7

“But if we **walk** in the light, as He is in the light, we have fellowship with one another, and the blood of Jesus, His son, purifies us from all sin.”



Psalms 128:1

“Blessed are all who fear the LORD, who **walk** in His ways.”



Psalms 138:7

“Though I **walk** in the midst of trouble, you preserve my life; you stretch out your hand against the anger of my foes, with your right hand you save me”



John 8:12

“When Jesus spoke again to the people, He said, “I am the light of the world. Whoever follows me will never **walk** in darkness, but will have the light of life.”

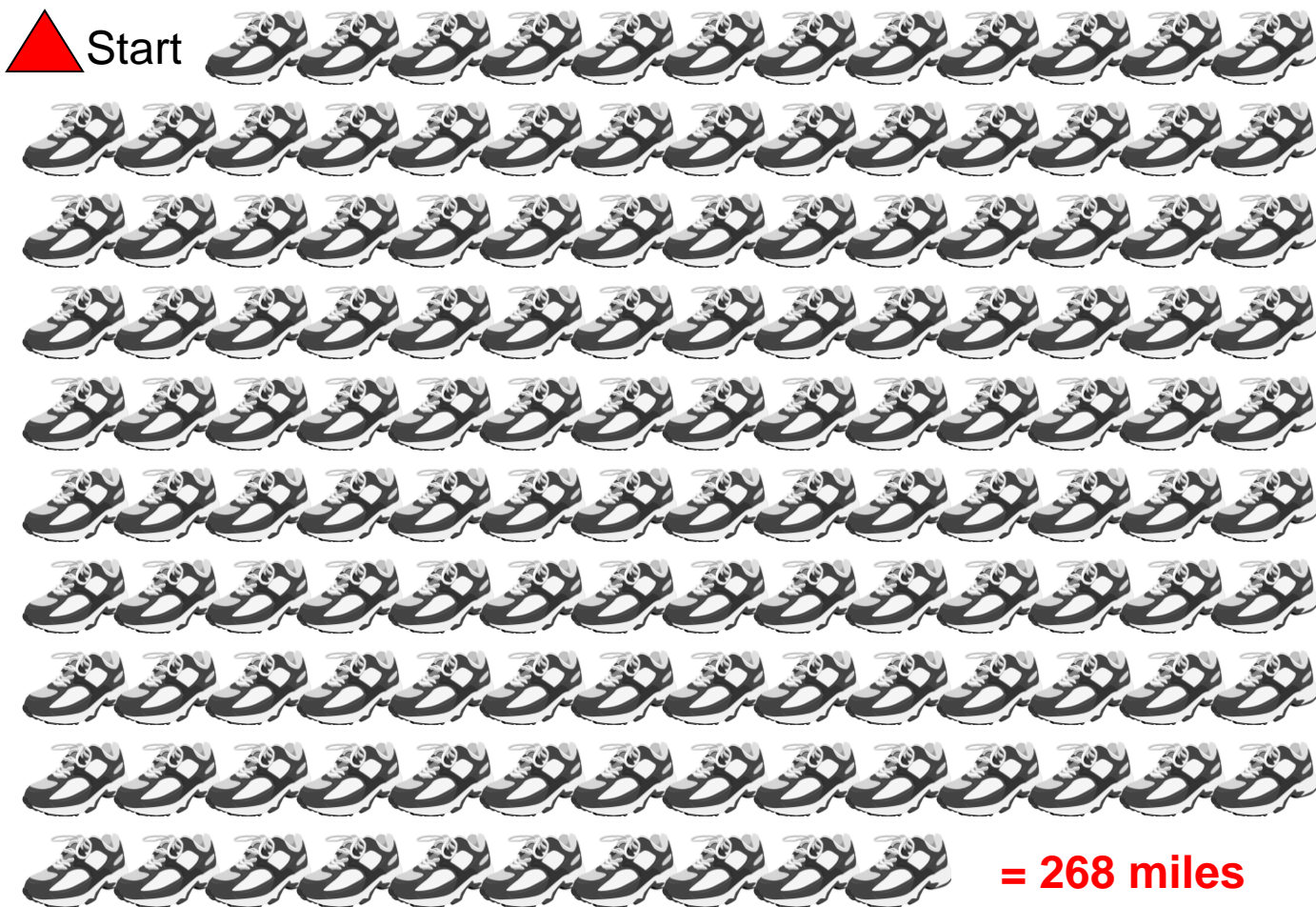
STEP 2 . . . LET'S GO WALKING TO JERUSALEM

The distance from Tampa Bay to Jerusalem, as the angel flies, is 6653 miles. How long would it take members of our church to walk to the Holy Land? If 25 members of our congregation each walk one mile a day (approx. 2000 steps) for 268 days or 2 miles a day (approx. 4000 steps) for 134 days—we can all be a part of completing our walk to Jerusalem.

25 member x **1 mile** x 268 days = 6700 miles

25 members x **2 miles** x 134 days = 6700 miles

Each shoe represents 2 miles. Cross off a shoe for every 3 miles walked.



“Whether you turn right or to the left, your ears will hear a voice behind you saying, ‘This is the way; walk in it.’” **Isaiah 30:21**

Your Name _____

Date Completed _____

NOTE: Walk, sign your name and return to your health ministry team. If you need additional forms, contact your health ministry team.

