




Leader's Resource- Faithfully Fit Forever

Promoting Faithfully Fit Forever in Your Place of Worship

Example Bulletin Insert – Script

Have you ever thought about exercising before, but the thought of going to a gym is too intimidating or threatening? Well we can make it easier for you. Our church will be hosting an exercise class that has the combined focus of body, mind and spirit. It will be held at 8:30-9:30 AM - M,W,F in the Fellowship Hall room. This class will have 3 parts –20 to 40 minutes of exercise, 10 minutes of health education and 10 minutes of faith and devotion. There will not be any charge for this class. This is designed for all ages and people of all exercise backgrounds. This class is meant to bring exercise to you with the least amount of barriers as possible. If you are interested please contact your parish nurse. We hope to see you there.

Samples of bulletin inserts.....

 <p>Faithfully Fit</p> <p><i>Have you ever thought of exercising before, but the thought of going to a gym is too intimidating or threatening? Well, we can make it easier for you!</i></p> <p>OUR Parish Nurse program is hosting an exercise class that combines focus of body, mind, and spirit.</p> <p>Each session will have 3 parts:</p> <ul style="list-style-type: none"> • 40 minutes of exercise (aerobic type activity to music) • 10 minutes of health education • 10 minutes of faith and devotion <p>Faithfully Fit is free of charge (except for weights you may want to purchase for a small fee). It is designed for all ages and people of all exercise backgrounds. Faithfully Fit is meant to bring exercise to you with the least amount of barriers as possible. It is also a great chance for fellowship.</p> <p style="text-align: center;">Come join us!</p>	<p style="text-align: center;"><i>"Fitness is a journey, not a destination."</i> -Kenneth Cooper, MD</p> <p>Have you thought about exercising, but going to a gym seemed intimidating, expensive, or inconvenient? We can make it easier for you!</p> <p>Faithfully Fit Forever is a program offered at Faith that includes a time of low impact exercise, health information, and devotions.</p> <p>Here's what some of our Faithfully Fit participants say about the class:</p> <p><i>"Faithfully Fit is an awesome time to exercise with fellow Christians. The music is great and the class has helped my overall health."</i> Shelly R.</p> <p><i>"Having a set time and place gets me out exercising on a regular basis. The fellowship with others is great too."</i> Julie H.</p> <p><i>"I've walked for several years—hate exercise machines! I still walk, and with the addition of FFF aerobic class, I now get a more complete body workout. The companionship is great, the health issues we discuss are educational, and the devotion time enriches my spiritual growth."</i> Noreen F.</p> <p><i>"Faithfully Fit is a day brightener for me. The uplifting music, aerobic exercise, devotions, and education allows you to 'let go and let God'."</i> Susan S.</p> <p>No charge for these classes. Join us on our journey.</p>
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Faithfully *Fit* Forever

Understanding the Physical Activity Readiness Questionnaire (PAR-Q), Medical/Health History Form and Other Legal Issues.

Q: How do I know if it is safe for my participants to begin to exercise?

A: Beginning a physical activity program can be an intimidating idea for anyone. However, most physicians agree that exercise is an important part of maintaining health. It is recommended that a primary care M.D. or general practitioner should examine men and women over the age of forty at least once a year. The forms contained in this manual (PAR-Q and Medical Health History Questionnaire) are provided to *assist you* in determining whether or not your participants are ready to begin exercising. At minimum we encourage the use of the PAR-Q.

Some things to consider when determining an individual's readiness to exercise include:

- Encourage participants to take responsibility for their own health. If they have any signs or symptoms that indicate that they are not ready to begin an exercise program...require them to be seen by a doctor.
- As a leader, how comfortable and experienced are you with assessing someone's readiness to begin exercise?...If you have any doubts...refer the participant to their doctor before letting them begin.
- Developing a rapport and friendship with your participants will help ensure that lines of communication will remain open.
- Encourage dialogue about how they are feeling. If they notice any changes in their health or new signs/symptoms - encourage them to share this information with you.

Q: Is exercising at my place of worship safe? Are there any legal issues I need to consider?

A: *Generally*, most places of worship have good lighting, good parking and are designed with safety in mind. Use "common sense" when determining what space you exercise in. A large, well-ventilated room free of obstructions or anything to trip on is ideal. Most places of worship regularly house large groups of people who may participate in a wide range of activities, including musicals, plays, retreats, dances, dinners, etc. Most places of worship carry some form of "blanket" liability insurance to cover the wide array of activities that take place. If you are concerned about this issue or any other safety issue, be sure to discuss your concerns with your faith community leaders or safety committee.