



# *Movin' & Groovin'*

## *Health Challenge 2011*



Sponsored by the GoodNEWS Community of Churches and UNT Health Science  
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## **I. Introduction of the Toolkit**

*Dear Lay Health Promoters!*

The GoodNEWS Program is offering your Church Wellness Club Members and Congregations an opportunity for improving their lifestyles, specifically Physical Activity and Food Intake, through the meaningful, exciting, and enjoyable Movin' and Groovin' Health Challenge! For your quick understanding, this Introduction section includes a full summary of the Challenge. There are several other sections to this toolkit that will provide more in depth information for you, including Win the Challenge: Point Systems & Activity Logs, Spread the Word: Promotional Materials and Support Your Congregation: Resource Materials. These sections will give you the information you need to implement the Challenge. Please use this Toolkit Material for \*promoting the Kick-Off Challenge Event\* (from TODAY until April 9<sup>th</sup>) as well as, continuing the Challenge in your church over the next 3 months until it ends on June 25<sup>th</sup>.

### **1. The Purpose of the Challenge:**

This Challenge is to continue preventing and decreasing the risk factors for Cardiovascular Disease and promoting and increasing the protective factors for Overall Health and Wellness among the GoodNEWS Churches. We strive toward this purpose so that the \*Church Wellness Club Members\* you have ministered to for so many years can successfully demonstrate good& abundant Health Outcomes on the day of the final Measurement Event this October.

### **2. The Background of the Challenge:**

Over the last 2 years, congregations have participated in 2 measurement events and we've seen great trends in decreasing glucose levels, decreasing A1C levels, and increasing physical activity. All these positive and improved results were possible through your valuable Health Ministry. But the heart, lung, blood cells & genes of Wellness Club Members' are still in the need of staying stable, healthful, strong, and protective, instead of being damaged by unhealthful ways. To this end, we all need to work together to serve, heal, and save these precious Human Lives God created and Jesus died for. So, we invite you to join this last Health Challenge scheduled from April 9<sup>th</sup> through June 25<sup>th</sup>, as we get Movin' & Groovin'.

### **3. Goals of Challenge:**

There are several goals to achieve the purpose above. In this Challenge Event, we chose goals that focus on\* improving physical activity and food intake\* which are the 2 most important lifestyle contributors to heart and blood health and overall wellbeing. (Although we should not forget the importance of \*stress



management\* on our mind, body, spirit, and personal environment.) The goals for GoodNEWS individuals and Churches are to:

- **Increase** frequency, intensity, and duration of physical activity
- **Reduce** sedentary lifestyles
- **Increase** intake of plant foods (e.g. fruits, vegetables, nuts, whole grains)
- **Reduce** intake of fat, cholesterol, salt, and sugar
- **Increase** habits of monitoring and improving the benefits of the 7 Dimensions of Health and Wellness Lifestyle related to improving physical activity and food intake.

*Lay Health Promoters or Captains, are expected to develop a plan to achieve the goals of the Challenge. Use the Planning Form in the Win the Challenge section to think through how they want to achieve these goals through their health ministry. The Support Your Congregation section of the Toolkit will also have helpful ideas and resources to accomplish these goals in your church.*

#### **4. The Plan of the Challenge:**

For the next 3 months, we are putting all of our efforts into \*promoting and enhancing a healthful and loving lifestyle among Wellness Club Members\* through performing the church-wide Health Challenge Event! Churches and individuals will compete against each other to earn points for the ways they demonstrate healthy living every day through **increased physical activity and eating more healthfully**. The Challenge consists of:

- 1) **Weekly Logs:** Through \*Individual Activity Logs\*, the individuals on each Team will track health and wellness activities. Also, through \*Team Activity Logs\* track points for your church's activities including Pastor involvement, regular health ministry activities, & collaborating with other churches to host an activity. *For details, please see the Win the Challenge section for more information.*
- 2) **Church Challenge Events:** Once a month during the Movin' & Groovin' Health Challenge, all the GoodNEWS churches come together to compete in Church Challenge Events. These events are meant to provide opportunities for churches and individuals to participate in physical activity (Mid-Point Event, May 21 & Final Event, June 25) and make healthy food choices (Kick-Off Event, April 9). The churches that win these challenges will earn points for their congregation. *For details, please see the calendar of events on pg.7.*



- 3) **Regular Health Ministry Activities:** The Lay Health Promoters (or Captains) can earn additional Team points for regular health ministry activities by tracking the activities of their Team. They can also partner with other GN churches to engage in healthy activities for this challenge through holding co-sponsored events or even attending current activities, like a walking group or exercise class that is already present at a church. Each of these activities will earn your Team points. *For details, please see the section Win the Challenge and view the Team Activity Log.*
  
- 4) **Optional Health Ministry Events via Supplemental Funding Request:** The Captains who want to increase the competition within their churches can submit a plan to the GN team through a request for Supplemental Funding. For example, by LHPs can create their own incentives for individual and church participants or hold events within their churches. Captains need to apply for Supplemental Funding to receive the resources or supportive funds needed to carry out additional activities. Requests for this funding must be received no later than April 21, 2011. *For details, please see the Win the Challenge section of the toolkit, look for Form 2.*

**5. The Incentives/Supports of the Challenge:**

The individuals and churches with the most points will earn the title of the Biggest Mover and receive prizes! The Biggest Mover Church could win up to \$1000 for their health ministry to keep the congregations living healthy and loving lives. *For details, please see pg. 11.*

**6. The Hope of the Challenge:**

We hope that this Challenge will offer an easy and meaningful way for you as a Health Ministry to \*Enhance Cardiovascular Health\* and \*Overall Wellness\* in your congregation, especially among the \*Wellness Club Members\* you have served. We encourage you and your church to glorify God's Life by engaging in this last Challenge, *Movin' and Groovin'*. We pray for ALL God's Children, Church Wellness Club Members and other Congregations to improve Health and Wellness of Life God desires through receiving the benefits of this Health Challenge. God willing, we hope that your church will join the Kick-Off Challenge Event on Saturday, April 9, 2011.

*For Your Godly Loving, Healthful, and Happy Lives,*

*The GoodNEWS Team*



## II. GoodNEWS Staff Contact Information

Team Coaches	
<p><b>Coach Meghan Wernicke, MPH</b>            Email: <a href="mailto:Meghan.Wernicke@unthsc.edu">Meghan.Wernicke@unthsc.edu</a>            Phone: (817) 726-9630</p>	<p>Beth-Eden Baptist Church            Concord Baptist Church            Frazier Berean Baptist Church            Friendship West Baptist Church            Goodwill Baptist church            Greater New Zion Baptist Church            New Friendship Baptist Church            Warren United Methodist Church            Zion Chapel</p>
<p><b>Coach Lesley Bonner, MPH, CHES</b>            Email: <a href="mailto:Lesley.Bonner@unthsc.edu">Lesley.Bonner@unthsc.edu</a>            Phone: (817) 781-8691</p>	<p>Community MBC            Faith Cumberland Presbyterian Church            Greater Harvest COGIC            Mt. Moriah MBC            New Millennium Bible Fellowship            St. Mark Baptist Church            St. Matthew C.I.L. MBC (The Rock)            Tabernacle MBC</p>
<p><b>Coach Leilani Ogan, MPH, CHES</b>            Email: <a href="mailto:Leilani.Ogan@unthsc.edu">Leilani.Ogan@unthsc.edu</a>            Phone: (979) 777-2361</p>	<p>Bible Way Baptist Church            Changing Directions Christian Center            Cornerstone Baptist Church            First CME Church            Heartline Ministries            New Mt. Moriah MBC            North Park MBC            True Lee MBC            Warren Avenue Christian Church</p>

GoodNEWS Leadership	
<p><b>Mark J. DeHaven, Ph.D.</b>            Director            Email: <a href="mailto:Mark.DeHaven@UNTHSC.edu">Mark.DeHaven@UNTHSC.edu</a>            Phone: (817) 735-2436</p>	<p><b>Jenny J. Lee, Ph.D., MPH, CHES</b>            Program Developer            Email: <a href="mailto:jlee@hsc.unt.edu">jlee@hsc.unt.edu</a>            Phone: (706) 593-7423</p>



## II. Movin' & Groovin' Challenge Calendar

Length: 3 months

Dates: April 9<sup>th</sup>, Saturday, 2011 – June 25<sup>th</sup>, Saturday, 2011

DATE	EVENT	EVENT DETAILS
<b>March 2011</b>		
20 <sup>th</sup> - 31 <sup>st</sup>	Promotion of Challenge in Churches	
<b>April 2011</b>		
1 <sup>st</sup> - 8 <sup>th</sup>	Continue Promotion of Challenge in Churches	
9 <sup>th</sup>	Initial GoodNEWS Churches Event: Official Kick-Off	Church Challenge Event: Food Challenge Location: Carpenter's Point Senior Living Center Time: 9:00am-12:00 pm
21 <sup>st</sup>	Church Request for Supplemental Funding Due	
<b>May 2011</b>		
21 <sup>st</sup>	Mid-Point GoodNEWS Churches Event	Church Challenge Event: Zumba-thon Location: [To Be Determined] Time: 9:00am- 11:00 am
<b>June 2011</b>		
25 <sup>th</sup>	Final GoodNEWS Churches Event	Church Challenge Event: Final Rally 5K Walk Location: [To Be Determined] Time: 8:00am- 11:00 am
25 <sup>th</sup>	Supplemental Funding Report Due!	Captains who receive funding will give a report of how they used the funding during the final event



### III. Roles and Responsibilities for Health Competition

The Table 1-3 below outlines the Roles and Responsibilities of each person involved in the Movin' & Groovin' Challenge.

<b>Team Coaches (GoodNEWS Staff)</b>	<b>Team Captains (Lay Health Promoters)</b>	<b>Team Members (Wellness Club Members &amp; Congregation)</b>
<ol style="list-style-type: none"> <li>1. Supply churches with promotional materials for Movin' &amp; Groovin' Health Challenge.</li> <li>2. Communicate with churches weekly-- Be the main point of contact for questions, issues, praise reports, new ideas, etc.</li> <li>3. Collect Activity Logs from Team Captains every week</li> <li>4. Attend health ministry events of GoodNEWS Churches</li> <li>5. Tally points and calculate percent weight loss for individuals</li> <li>6. Design &amp; participate in Challenge Events</li> <li>7. Provide Captains with additional resources, support and encouragement as needed</li> </ol>	<ol style="list-style-type: none"> <li>1. Advertise Challenge in Church</li> <li>2. Recruit Challenge Participants onto Church Team (especially Wellness Club Members)</li> <li>3. Select a name for your team</li> <li>4. Promote &amp; participate in Church Challenge Events (April 9<sup>th</sup>, May 21<sup>st</sup>, June 25<sup>th</sup>)</li> <li>5. Collect Individual Activity Logs from Team Members each week</li> <li>6. Submit Individual Activity Logs to your Coach</li> <li>7. Fill out Team Activity Log as needed</li> <li>8. Submit Team Log to Coach as needed</li> <li>9. (Optional) Apply for Supplemental Funding pg. 25</li> <li>10. Contact Coaches with questions and issues of participants</li> <li>11. Inform Team Members of important dates and activities</li> <li>12. Continue doing your regular health ministry activities (Health Ministry Report)</li> <li>13. Be creative, come up with fun and healthy activities or events for your Team</li> <li>14. Be the champion for health and wellness – always encouraging church members to seek healthy living!</li> </ol>	<ol style="list-style-type: none"> <li>1. Record activities in Individual Activity Logs</li> <li>2. Call, e-mail, or physically turn in weekly logs to Team Captain each week or at health ministry meetings</li> <li>3. Participate in Church Challenge Events, April 9<sup>th</sup>, May 21<sup>st</sup> and June 25<sup>th</sup></li> <li>4. Attend Team events (regular health ministry activities, special Challenge events, etc.)</li> <li>5. Contact Team Captain with questions and issues</li> </ol>



#### **IV. How the Challenge works**

*This page will explain how the Movin' & Groovin' Challenge works, that is how you begin and participate in the Challenge. It's important to understand your roles and responsibilities before you read this page, so see pg. 8 for a description of the role of Coach, Captain, and Team Member.*

**To begin and participate in the Challenge, follow these steps.**

##### **Step 1: Promotion of Challenge**

The first step in beginning the Challenge is to advertise and promote the Challenge in your church. Getting the word out about the Challenge and the benefits to participating in it will help you in Step 2. There are some very useful tools to assist you in this step including Talking Points to describe the Challenge, Flyers to advertise around your church building, a sample email to send to Wellness Club Members and a Bulletin Insert. Find these resources in the *Spread the Word: Promotional Materials* section of the Toolkit.

##### **Step 2: Planning for Your Team**

The ultimate purpose of this Challenge is to promote healthy hearts in participants and decrease risk for cardiovascular disease. The Church Challenge Events planned will help to get teams movin' & groovin', but there is a role for your health ministry to play too. There is a form on pg. 23 of the *Win the Challenge* section, to assist you in thinking about how your ministry can help team members achieve the goals of the Challenge.

##### **Step 3: Recruitment & Team Formation**

After promoting the Challenge, it's time to sign people up! All church members who would like to participate in the Challenge are asked to fill out a Waiver/Release Form. This form simply states that in participating in the Challenge and in the Events associated with the Challenge that the team member is taking responsibility for any harm that may occur to themselves (i.e. injury from physical activity, etc.). Teams will fill out these forms at the Kick-Off Church Challenge Event, Saturday, April 9<sup>th</sup>. If for some reason, a team member cannot attend the Kick-Off, please ask your Coach for a Waiver/Release form to make them an official participant.

##### **Step 4: Participation in Church Challenge Events**

When your team has been formed and everyone has filled out their Waiver/Release forms, it's time to start the Challenge! The Kick-Off Church Challenge Event marks the beginning of the Movin' & Groovin' Challenge. At this event, churches will compete against one another in several competitions or games to earn points for their team. During the Kick-Off event, all of these competitions will be centered around Food



Intake & Nutrition. At the Midpoint event, competitions will involve Zumba, a Latin style dance workout. In the Final Event, 5K Walk, churches will not have particular competitions to win, but they will be scored for participation. See the calendar on pg. 7 for more information on date, time, and location.

### **Step 5: Turn in Activity Logs**

Not only will you participate in group events like the Church Challenge Events, but you will also compete individually through monitoring your health and wellness with Individual Activity Logs. These logs monitor daily actions in physical activity, eating and the benefits participants experience due to these healthy behaviors in the 7 Dimensions of Health. Each week team members will turn these logs in to their Captains, who will turn them in to Coaches for scoring.

There is also a Team Activity Log. This log is to be filled out only by the Captain of the team, and turned in to the Coach as often as needed. This log records activities of the Team including regular health ministry activities, participation of Church Leadership, health promotion to congregation members, healthy changes to the church environment (ex. Eliminating donuts from refreshments served at church events), and more. You can even get points for participating in another churches' event!

You can view the Individual Activity Log and the Team Activity Log and get more information about earning points in the *Win the Challenge: Point Systems & Activity Logs* section of the Toolkit.

### **Step 6: Request for Supplemental Funding (optional)**

If you would like to take this Challenge further, and do your own event or increase the competition among your team members by providing incentives, but are short on resources, you can apply for Supplemental Funding. There is a short application with instructions and even a sample to guide you *Win the Challenge: Point Systems & Activity Logs* section of the Toolkit.

### **Step 7: Have Fun!**

Have fun and enjoy yourself during this Challenge. Stress is another important contributor to cardiovascular disease, so try to manage your stress regularly. This is a great opportunity for team bonding among your church members and a great way to offer one another support in living a healthy and loving lifestyle.

#### Where is it??

? *Health Ministry Planning Form, Individual and Team Activity Logs & Request for Supplemental funding see the Win the Challenge: Planning Forms & Activity Logs section of the Toolkit*



## V. Winning the Challenge

Winners will be determined by the amount of points earned during the 3 months of the Challenge. These points are recorded on Activity Logs. See the *Win the Challenge* section of the Toolkit for point information in each category. The prizes and categories of winners are outlined in Table 1-5, below.

In the event of a tie in any category, there will be a challenge between the participants or teams who are tied to settle the winner in a fair and impartial way (i.e. paper, rock, scissors, or rolling of dice).

Winners will be announced at the Movin' & Groovin' Health Challenge Walk on June 25<sup>th</sup>. This event will reinforce healthy living and well being through a 5 K Walk followed by an Awards Ceremony for winners in every category. Winners should receive checks and prizes within a few weeks of the 5K.

<b>Individual Winners by age category</b>	<b>Team Winners</b>	<b>Captain Winner</b>
<p><b>\$50 prize for:</b></p> <ul style="list-style-type: none"> <li>• Youth</li> <li>• Teens (13-19)</li> <li>• Twenty-Somethings (19-29)</li> <li>• Thirty/Forty Somethings (30's/40's)</li> <li>• Wise (50/60's)</li> <li>• Really Wise (70s+)</li> </ul>	<ul style="list-style-type: none"> <li>• 1<sup>st</sup> place church = \$1000</li> <li>• 2<sup>nd</sup> place church= \$750</li> <li>• 3<sup>rd</sup> place church= \$500</li> </ul>	<ul style="list-style-type: none"> <li>• \$150 Prize to the LHP that has the highest percentage of participants</li> </ul>

### Where is it??

- ? Go to the *Win the Challenge* section of the toolkit to view Activity Logs and find out more about earning points for individuals and the team.
- ? Your Coach is also available for questions about the Challenge.