

Health-e-AME Physical-e-Fit News



**Health-e-AME
Physical-e-Fit**

Summer Health Director Training a Success!

The summer of 2003 marked the beginning of the Health-e-AME Physical-e-Fit program in churches across South Carolina.

The first training took place on June 28 at St. Peters AME church in North Charleston, with Rev. George Brown as our gracious host. Health directors got "fired up" and enjoyed learning about the program and taking part in the physical activities, despite a pesky alarm that brought out the Charleston Fire Department! We trained 53 individuals from 32 churches, and left St. Peter's tired but happy.

Our next training, July 12, took place in Awendaw at Greater Zion AME, hosted by Rev. Reginald Morton. We had fun with Thaje and Debbie doing praise and chair aerobics, and certainly got in our 30 minutes of physical activity for the day. When the day was done, we had trained 31 representatives from 22 churches.

Our final training day was August 16 in Darlington, hosted by Rev. Cynthia Brown at Greater Be-

thel AME. Here we enjoyed another day of activities and learning, with 36 individuals representing 21 churches.

The Physical-e-Fit staff would like to thank the churches that hosted and all that attended the trainings. We look forward to working with you!



Getting Physical-e-Fit at the July 12 training session.

Physical-e-Fit at the Summer Leadership Conference

During the opening evening of the Seventh Episcopal District Christian Leadership Development Congress the Bishop and Presiding Elders welcomed the Health-e-AME Physical-e-Fit Program.

The event was held at Allen University Cam-

pus on Monday, June 30, 2003. The leaders were presented with the success of the program and next steps. Then they were given a pedometer to count how many steps taken and a log to record daily steps.

Their steps were recorded for two weeks

and the elder with the most steps will be posted on the Health-e-AME website.

In addition to the Elders competing they were charged to have fun, become more active, and eat healthier while working for their community and the Lord.

Volume 1, Issue 1

**September- October
2003**

Special points of interest:

- *National Eat 5 a Day (Fruits and Vegetables) Week is September 21-27—be sure to get in your 5 a day!*
- *September is National Cholesterol Education month! Know your cholesterol level.*
- *October is National Breast Cancer awareness month*

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Health-e-AME Physical-e-Fit Program Wins Governor's Council for Physical Fitness Award

The South Carolina Governor's Council on Physical Fitness was developed to promote the health and well-being of South Carolinians of all ages by increasing the levels of physical activity. Each year they award programs and individuals throughout the state who have helped to get South Carolina moving.

The award categories include: community programs, school based programs, media, worksite, individual and faith-based.

The 7th Episcopal District of the AME Church's Health-e-AME Physical-e-Fit Program was honored to be the 2003 winner in the faith-based category.

Several Health-e-AME staff members from the Medical University of South Carolina and the University of South Carolina were on hand to receive the award.



The Health-e-AME staff receives the award.
Top row: Lottie McClorin, Thaje Anderson. Front row: Melissa Bopp, Rosetta Swinton, Presenter Elizabeth Mabry, Dr. Sara Wilcox, Octavia Gethers

Getting Started with Physical-e-Fit: Some Tips for Success

You probably attended the physical-e-fit training and were excited to start the program....but once you got home, you weren't sure where to begin! That is to be expected. Here are a few tips that will help you get started.

†Start with easier activities that will get everyone in your congregation more aware of the importance of physical activity. Make copies of the bulletin inserts we provided at training and put them in your Sunday worship bulletin. Announce the program to your congregation during service and ask for volunteers to

help. Create a bulletin board with information about physical activity. Ask to play the "Exercise Your Faith for Ten" audio/CD in some ongoing

"Start with easier activities that will get everyone in your congregation more aware of the importance of physical activity."

meetings during breaks. Once there is excitement for the program, then you can start a specific program.

†Bring together your health ministry committee (or form one if you don't already have one) and tell them about the training. You might want to show the videotape that was given to you during training because it describes all of the programs. Brainstorm with your committee about which programs would be best for your congregation. We suggest choosing one program to start, and then add on as you can.

†Feel free to e-mail (sphame@gwm.sc.edu) or call (803-777-2864) us if you'd like suggestions or more assistance in getting started. We're here to help!

Taking Care of Your Temple With Regular Physical Activity and Healthy Eating

Participating in regular physical activity and eating healthier can help you to take care of your body and soul! Being physically active on a regular basis can reduce your risk of many different diseases, and improve mental and physical health.

The Centers for Disease Control and Prevention recommend that adults get 30 minutes of moderate intensity activity on most days of the week.

Physical activity doesn't have to be structured or formal, it can be: walking with friends or family, heavy gardening or housework, playing basketball, going for a bike ride, playing with your children, or even dancing!



Brisk walking is a great way to get 30 minutes of physical activity.

To make sure that your body is getting all of the nutrients you need for a healthy, active lifestyle be sure to eat at least 5 fruits and vegetables daily, cut down on fried and fatty foods, limit your salt intake and eat a variety of foods. Taking care of your temple allows you to feel good about yourself and you feel willing and able to do God's work!

The Health-e-AME website: A Helpful Resource

The Health-e-AME website began as a way for AME churches to access a wide variety of health-related resources. It has since grown and expanded as the Health-e-AME program has expanded.

The website contains a cookbook with lower fat versions of our favorite recipes, fact sheets that explain health conditions, chat rooms on a variety of health-related topics led by Church members and MUSC faculty, local health and education resources, links to other sites on the web with information on health, and a special program for children and adolescents.

Soon, the website will feature many resources available for the Physical-e-Fit, including bulletin inserts, ideas for implementing physical activity programs in your church, and contact information for the Physical-e-Fit staff if you need any assistance.

The website can be accessed at www.health-e-ame.com from any computer with internet access.

For those churches with internet access, church members are available to help you use the website.



WELCOME TO HEALTH-E-AME
For your Health and Well-Being

[CLICK HERE TO ENTER](#)

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PRIVACY

You can reach the Health-e-AME website by going to:
www.health-e-ame.com

A Word From Bishop Belin

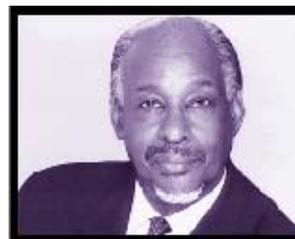
Greetings in the name of our Lord and Savior, Jesus Christ! Thank you for the level of support that you have given to the work of ministry in the Seventh Episcopal District.

We thank God for each of you and the fine contributions you have made to God's people. We are proud of the partnership that we have developed with the Medical University of South Carolina and the University of South Carolina to bring you the Health-e-AME

Physical-e-Fit Program. The goal of the program is stated in Corinthian 6:19, which tell us to "Take Action and take care of your temple": get 30 minutes of physical activity a day and eat 5+ fruits and vegetables a day.

We must stress the need for good health and staying active to reduce the ethnic health disparities of cardiovascular disease, diabetes, and obesity. With your leadership and commitment, we can make a difference and close the

disparity gap for African American in South Carolina. We must all work together to make this plan a reality. It is our prayer that your life will be enhanced, encouraged, inspired and enriched by participating in this program.



Spotlight: Greater St. James AME Church

This newsletter spotlight features Greater St. James AME Church in Summerville. Greater St. James is a large parish, with approximately 800 members, led by Rev. Eddie Gaston, Jr.

After receiving the training on July 12, Lynn Singleton, the Health Director at Greater St. James was very excited and charged to implement the Health-e-AME Physical-e-Fit program at their church.

They already had an active Parish Nurse Program including blood pressure screening on the 3rd Sunday of each month. This was a great way to

recruit participants for the Health-e-AME Physical-e-Fit Program! The Pastor, secretary, and Health Director made several announcements, asking people to participate in the program, and Ms. Singleton also included it in the church bulletin. As a result, they had 27 people that signed up to participate in the program.

The first meeting was held on September 2, 2003 and they had the initial meeting with the participants. They plan to have 3 physical activity programs as follows: A walking club that will meet at 6 am every morning

for 30 minutes at the church; the "8 Steps To Fitness" class will be held on Wednesday evening for 30 minutes including take home assignments; and 30 minutes of chair aerobics using a videotape will be held throughout the week. Some of the things they plan to include in their meetings on Wednesday for "8 Steps to Fitness" are sharing recipes and bringing in healthy dishes for all to enjoy.

If you have a Physical-e-Fit experience you would like to share, please contact us! 803-777-2864 or sphame@gwm.sc.edu.

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We're on the web!
www.health-e-ame.com

*Take action and take care of your temple!
Get 30 minutes of physical activity.
Eat 5+ fruits and veggies a day.*



This project was funded by a grant from the Centers for Disease Control and Prevention.

Health-e-AME Physical-e-Fit: A collaboration between the 7th Episcopal district of the AME church, MUSC, and USC

The partnership between these three institutions began with a pairing of the 7th Episcopal District of the AME Church and the Medical University of South Carolina. Representatives of the Church, headed by Reverend Allen W. Parrott, Director of Christian Education AMEC, along with faculty and staff from MUSC headed by Dr. Marilyn Laken, Director of Special Initiatives at MUSC, identified health needs of AME members and designed educational programs to meet those needs.

The Health-e-AME website was formed and began with a cookbook, fact sheets about health conditions, chat rooms on health-related topics, local health and education resources, and links to other sites on the web with information on health.

The Physical-e-Fit program introduced the University of South Carolina to the collaboration. Dr. Sara Wilcox, an assistant professor and a researcher in the area of physical activity interventions, helped to outline what would eventually become the Physical-e-Fit program with the team from MUSC. The Centers for Disease Control and Prevention funded the Physical-e-Fit program for \$1.26 million, allowing the team to bring the program to life.

The Physical-e-Fit program offers AME members many different opportunities to become more physically active including praise aerobics, chair aerobics, walking programs, 8 Steps to Fitness, and other unique programs.

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