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# Be a FAN for Your Church's Health!

### Free Enrollment is Open Now

Click to register for the FAN Online Training. Each person from your church who wishes to take part in the training must complete a registration form. After you register, you will receive an email with information about how to access the FAN Online Training.

[Registration »](#)

Do you want to learn more about FAN? Click to watch an information video that describes the FAN Program and the FAN Online Training.

[Informational Video »](#)

Download a FAN flyer to share with your church leaders and members by clicking the button below.

### FAN Online Training – Available to Churches Across the United States!

#### Why FAN?

Faith, Activity, and Nutrition (FAN) was developed at the University of South Carolina with and for churches to prevent and address the most common health conditions impacting congregations and communities, including heart disease, stroke, diabetes, arthritis, cancer, and obesity. The program focuses on physical activity and healthy eating because these two behaviors are consistently shown in research to prevent and treat these health conditions.

God gave us our body and wants us to care for it. 1 Corinthians 6:20 reads, "For you were bought at a price; therefore glorify God in your body and in your spirit, which are God's." (NKJV).

Churches can benefit from FAN by having healthier members. Healthy members can more fully participate in church life and carry out the work of God. If you are interested in the FAN Online Training, complete an [interest form](#) today!

#### What is FAN?

FAN is a **FREE** Christian-based program that works to create a **healthy church environment**. It has helped over 300 churches increase physical activity and healthy eating in members. FAN is a flexible program – your church can choose the activities you wish to put in place so that the program works in your church.

FAN is effective – it is included in the National Cancer Institute's [Evidence-Based Cancer Control Programs](#).

[Flyer »](#)

FAN is now available online! The FAN Online Training includes 8 self-paced, interactive weekly lessons. Each lesson can be completed within an hour. The program also includes 12 months of materials and resources to help your church launch FAN and sustain it over the first year. Complete an [interest form](#) today!

## Contact Us



[FAN4Life@mailbox.sc.edu](mailto:FAN4Life@mailbox.sc.edu)



[877-971-5259](tel:877-971-5259)

### What Does the FAN Online Training Cover?

### What Will My Church Be Asked to Do? »



## What Does the FAN Online Training Cover?

The FAN Online Training will support your church to:

- **increase opportunities for physical activity and healthy eating** (e.g., substitute tasty, healthy meals & snacks for church events; add movement breaks into church events),
- create church **guidelines (policies)** for physical activity and healthy eating,
- **engage church leaders** in FAN goals and support church leaders' health, and
- **share health messages** with members through familiar church channels (e.g., bulletin inserts, handouts, social media, messages for worship service).

The training is designed for a committee of 2-5 people from your church. Your church committee will learn about national recommendations for healthy eating and physical activity and will spend time in guided brainstorming to plan how to put the FAN program into place. The online training can be completed individually or in small group settings (e.g., small group Bible study format), depending on the needs and interests of your church committee. You will begin a FAN Program Plan during the trainings that will guide your church's activities over the next year.

**Our hope is that FAN changes the culture of your church to make lasting health changes in the lives of members.** Churches have also used FAN strategies and materials to improve the health of the communities they serve.

## Hear from a FANtastic Pastor

### FAN Pastor for Web



"FAN is a complete package. Nothing was lacking or missing. It is exactly what churches need to get a health ministry started in their church. The resources were phenomenal. So well thought out. The training has all of the videos and resources and documents that you need."

—FAN COORDINATOR

## Church Spotlights

Over 200 churches have participated in the FAN program. We have highlighted some of these churches to show the FANTastic work they are doing to improve the lives of their members and their communities. We hope you enjoy reading about their successes!

**Fairfield County,  
SC Churches »**

**SC United  
Methodist Churches »**

**US Churches –  
FAN Online Training »**

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

III JOHN 1:2 (NKJV)

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