Adventists InStep for Life: NAD K-12 Implementation

The NAD Office of Education has joined other North American Division departments to support the Adventists InStep for Life program that is in response to the national Let’s Move initiative. The focus is on activities that promote healthy eating and physical activity in an effort to reduce childhood obesity. Unions, conferences, churches, preschools and schools are encouraged to participate in this ongoing program by identifying several goals that may include some of the following activities:

- Let’s Move Day—Sept. 25—Plan a physical activity to involve children and families
- Active Lifestyle Awards
- Community Garden (or Constituency Garden...)

Additional information, resources, and tool kit are available at http://www.adventistsinstepforlife.org.

There is encouragement to set aside Sunday, September 25, 2011 as a day to sponsor a community activity that requires physical activity - a great way to make community contacts and build relationships! Be sure to invite the local media reporters to the Let’s Move Day activities.

Please spend time reviewing the links provided here and looking over the attached pdf.

Christine Gillan Byrne
Christine Gillan Byrne, Ed. D.
Early Childhood Education and Care Division
Office of Education
Pacific Union Conference of Seventh-day Adventists
2686 Townsgate Road
Westlake Village, CA 91361
PUCOE Website
Adventist Child Care Network

Phone (805)497-9457 x 342
Mobile (805)490-6055
Spam
Not spam
Forget previous vote
Physical Strength and Activity

- Since the mind and the soul find expression through the body, both mental and spiritual vigor are in great degree dependent upon physical strength and activity; whatever promotes physical health, promotes the development of a strong mind and well-balanced character. Without health no one can as distinctly understand or as completely fulfill his obligations to himself, his fellow being and his Creator.
  
  Education, 195.

Inspired Counsel Given to Our Church Over 100 Years Ago...

“All who can possibly do so ought to walk in the open air every day, summer and winter. A walk, even in winter, would be more beneficial to the health than all the medicine the doctors may prescribe.”

E.G. White, Counsels on Health, 52

Exercise is Medicine

- Harvard Medical School’s Institute of Lifestyle Medicine
- American College of Preventive Medicine
- American College of Sports Medicine
  
  — announced the publication of “Exercise is Medicine: A Clinician’s Guide to Exercise Prescription” February 17, 2009.
  
  http://www.exerciseismedicine.org/

Physical Activity and the Body

For example:

Getting 30 minutes or more of moderate to vigorous physical activity daily, cuts the risk of cancer by 45%.

Archives of Internal Medicine Dec. 10/24, 2007
Physical Activity and the Body

One more example:
Getting 30 minutes or more of moderate to vigorous physical activity daily, cuts the risk of stroke by two-thirds!

Archives of Internal Medicine Dec. 10/24, 2007

Physical Activity Also...

- Cuts your risk of high blood pressure
- Reduces risk of heart disease by 50%
- Reduces your risk of diabetes by 50%
- Improves mood and decreases risk of depression and anxiety
- Builds stronger bones preventing fractures
- Improves immunity
- Gives you more energy
- Helps with weight control
- Enabling you live a longer, fuller, happier life

Physical Activity Also...

- Cuts your risk of high blood pressure
- Reduces risk of heart disease by 50%
- Reduces your risk of diabetes by 50%
- Improves mood and decreases risk of depression and anxiety
- Builds stronger bones preventing fractures
- Improves immunity
- Gives you more energy
- Helps with weight control
- Enabling you live a longer, fuller, happier life

Physical Activity and Mental Health

Physical activity:
- Protects against depression
- Reduces dementia (cognitive decline with age)
- Reduces symptoms of anxiety
- Reduces feelings of distress
- Improves feelings of fatigue
- Enhances wellbeing

Summary, Physical Activity Guidelines for Americans, 2008

Obesity Trends* Among U.S. Adults

<table>
<thead>
<tr>
<th>Year</th>
<th>No Data</th>
<th>&lt;10%</th>
<th>10%–14%</th>
<th>15%–19%</th>
<th>20%–24%</th>
<th>25%–29%</th>
<th>≥30%</th>
</tr>
</thead>
<tbody>
<tr>
<td>1990</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1999</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2009</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Source: Behavioral Risk Factor Surveillance System, CDC.

The Obesity Epidemic

- 300,000 deaths attributed to obesity
- 33% of US population is obese
- Begins at age 6 – 1 in 3 kids
- Child that is obese 10-13 years of age has an 80% chance of being obese as an adult
- A fat child will likely become a fat adult
- Like tobacco in the 70’s this should become the focus for Adventists

ADVENTISTS SAY YES TO HEALTHY KIDS AND FAMILIES
Making an Impact on our Communities and Families

ADVENTISTS SAY YES! TO HEALTHY KIDS AND FAMILIES

An Opportunity to Make a Difference
1. Increase physical activity by:
   • Accumulating 1 million miles through walking and other activities
   • Helping 60% of Adventist students achieve the NAD and President Active Lifestyle Awards

2. Focus on nutrition and increased fruit and vegetable servings by:
   • Launching 100 summer feeding sites (VBS, camps, community service activities)
   • Starting 100 vegetable gardens in schools and/or churches (at least one church and one school garden per conference)

LET’S MOVE DAY
Sunday, September 25, 2011

Help us reach our 1 million mile goal in one day!
Register at www.AdventistsInStepForLife.org

Whether you host a 5K run/walk, join a community event, or organize other activities, consider how your team can involve as many people as possible in physical activity. Invite your community to join your church, school, or hospital as we move together and promote a healthier lifestyle.

Find resources and information at www.AdventistsInStepForLife.org

Let’s Move Day is sponsored by North American Division Health Ministries.
In partnership with Adventist Community Services, Children’s Ministries, Education, and Family Ministries.
LETS MOVE DAY
Sunday, September 25, 2011

Schools & Universities

• Encourage students to take the President’s Active Lifestyle Challenge (goal 60% of students)
  • Provide healthy foods in school lunches, cafeterias, vending machines, and at school functions.
  • Start a Health Living Club (or CABL organization on university
  • Organize a 5K run/walk, bike-a-thon, or a summer sports camp in your community on Let’s Move Day.
  • Promote walking or biking to school.
  • Celebrate Walk to School day and month in October.
  • Start a community vegetable garden and invite students, parents, neighbors
  • Become a Summer feeding site

Churches & Youth Groups

• Talk about childhood obesity in newsletters, bulletins, health nuggets, and sermons.
• Coordinate an InStep for Life Club and set a walking goal for your church, Sabbath School class, or Pathfinder club.
• Promote the NAD Active Lifestyle Award.
• Provide healthy options at church potlucks.
• Offer healthy cooking classes.
• Offer a summer feeding program at VBS or community service outreach initiatives so kids have access to healthy meals when school is out.
• Start a community vegetable garden or farmer’s market.

HealthCare Institutions

• Organize an athletic event to raise awareness for childhood obesity.
  • Offer nutrition and healthy cooking classes.
  • Look for ways in your community to improve access to healthy, affordable foods.
  • Partner with local farmers to bring a farmer’s market to neighborhoods that lack access to fresh foods.
  • Partner with local schools to offer salad bars at school lunches.
  • Consider building or revitalizing playgrounds in your community.
  • Offer grants or scholarships for community projects addressing childhood obesity.

Our Leaders On Board

“This is our time! As a church we have long talked about the importance of not just healthy minds and hearts but also healthy bodies. Adventists InStep for Life is a wonderful means for advancing our emphasis on health among kids and their families.”

— Elda Dan Jackson, President, North American Division

—Ted Wilson
General Conference President

www.AdventistsInStepforLife.com
www.NADhealthministries.org