

HEALTHIER 901 CHURCH CHALLENGE



Therefore encourage one another and build up each other, as indeed you are doing.
1 Thessalonians 5:11

20 FUN IDEAS to get your congregation engaged in the HEALTHIER 901 CHURCH CHALLENGE

- 1. Stay engaged with quarterly Healthier 901 Sundays**
 - Consider including scripture references to spiritual and physical health in your sermon
 - Speak to the importance of mental health
- 2. Start a church walking/fitness group**
 - Train for/start a 5K – Heart Walk, Pumpkin Run, etc.
 - Join a local gym as a group
 - Start a dog walking group
 - Begin a step challenge (10,000 steps a day, for example)
- 3. Emphasize the challenge with other neighborhood/same denomination congregations**
 - Publicize competition – Challenge them to a friendly competition
 - Keep up with the other churches and their numbers
- 4. Create a buddy system for accountability**
- 5. Host a healthy church potluck/Wednesday night dinner**
 - Potential theme – a Heart Healthy Valentine's Day
- 6. Create a Healthy Habits Bingo/Game at events**
- 7. Offer childcare while parishioners do a healthy activity**
- 8. Organize church basketball, flag football, soccer and kick ball teams**
- 9. Start a Cookoff Contest – Award the Best Healthy Recipe**
 - Encourage participants to try and/or add healthy foods to their diets
- 10. Have a Healthy Food Truck at the church after the service**
- 11. Host a weight loss challenge among parishioners – weekly weigh-ins**
- 12. Share success stories of your flock**
- 13. Create a healthy recipe cookbook from members**
- 14. Add a healthy tip to the Sunday bulletin every week**
- 15. Share a Healthy Selfie picture in the bulletin**
- 16. Encourage members to look for the healthiest item on the menu when eating out and share the tip with others**
- 17. Start a community garden or plan a trip to local farmer's market**
- 18. Host a family picnic day and offer games and activities with healthy themes**
 - Jump rope/hula hoop contest or a kids' cook off
- 19. Identify some milestones and offer small prizes when they are met**
- 20. Host stretch or mindfulness breaks at events**

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