
FAITHFULLY FIT FOREVER

Leader Training

Sponsored by Kansas West Conference Board of Laity

What is Faithfully Fit Forever?

Faithfully Fit Forever (FFF) is a non-profit, cooperative community health program created by MeritCare Hospital Parish Nursing and Cardiac Rehab staff. It was implemented in April of 2000.

Faithfully Fit Forever is a non-denominational faith community based exercise, devotion, and health education program. FFF focuses on the body, mind, and spirit connection. The program may benefit the physical and psychological well being of your parishioners. There are currently over 650 faith community leaders (**nurses, pastors, teachers, and individuals interested in promoting health**) who have completed this training workshop.

To date, over 140 places of worship in 8 states have implemented FFF programs. It started in Kansas at Winfield First United Methodist church in September 2003. Follow-up survey results indicate that this program is improving the health and wellness of participants. Participants enjoy the safe, familiar and supportive environment that their place of worship has to offer and report weight loss, lower blood pressure as well as improved endurance, strength, balance and flexibility. Articles describing the positive impact of this program have appeared in the *American College of Sports Medicine Health and Fitness Journal*.

WHAT'S NEW WITH THE FFF PROGRAM?

- ❖ In July of 2003, Faithfully Fit Forever was chosen as **one of the top 30 community-based health and fitness programs in the U.S.** by the National Council On Aging based in Washington D.C.
- ❖ In August, 2004, FFF staff presented information about the impact and success of the program at the Minnesota Department of Public Health - Cardiovascular Disease Prevention Conference in St. Paul.
- ❖ In September 2004, the FFF staff presented at the Westberg International Parish Nurse Conference Symposium in St. Louis. They discussed the FFF concept and how a faith community is an ideal place to create holistic health.

When is the training?

May 1, 2010 2:00 – 5:30 PM

Where is the training?

Rock Springs 4 H Camp
Junction City, KS

Who should attend?

Those wanting to start or lead this exciting program at their church

What Does it Cost?

Training and materials are \$50.00.
(\$10 for each additional person sharing materials)

Who will do the Training?

Susan Harvey, Physical Therapist and
FFF Leader/Trainer

What is Included in the Workshop?

- Everything needed to implement the FFF program in your faith community, including 16 weeks of programming to get you started.
- Training manual, educational materials/references, devotional resources and exercise leadership video
- Demonstration (please come dressed for activity, tennis shoes, no dresses, etc.) and participation in a FFF class
- Information provided on safety, equipment, space considerations, music, etc.

Don't miss this opportunity to start this exciting program at your church!

Comments from FFF program participants:

"Working through the church to enhance health is a wonderful concept! Thank you!"

"I love the program and hope it continues forever! It's a great place to exercise."

"It's so good to exercise as a group...I'm more apt to exercise. The friendship, health topics and devotionals are inspiring."

"It's (FFF) a wonderful program."

**FAITHFULLY FIT FOREVER WORKSHOP
REGISTRATION FORM**

A Program of MeritCare Health System - Parish Nursing and Cardiac Rehab

Name

E-mail Address

Address

City/State/Zip Code

Home Phone

Work Phone

Church Name

Church Phone

Church Address

City/State/Zip Code

Please enclose a check for \$50.00 Pre-registration is required to order materials.

YOU MUST REGISTER SEPERATELY FOR THIS EVENT

***Please Make Checks Payable to Kansas West Conference – FFF**

Return form by April 17, 2010 to:

**Kansas West Conference UMC
9440 E. Boston
Wichita, KS 67207
Att: Susan Harvey, Board of Laity**

Questions? E-mail lsharvey@cox.net Phone 316-775-6324

(This form may be photocopied)