

Get My People Going Preview

This program is designed to be used independently with weekly contacts through email but it can also be the foundation of an 8 week program if structure and speakers are desired.

How to Use this Program

Some wellness programs presuppose that people need a health makeover. The fact is, however, that many people are doing quite well in some areas, and just need to make improvements in others. Nobody's perfect, but most people have SOME good health practices!

This program takes a baseline on height, weight, and blood pressure, which of course, will only be helpful if people include exercise or diet changes (or both!) among their wellness choices. If you do not have a parish nurse in your congregation, we recommend recruiting a qualified health professional to take blood pressure readings. You are welcome and invited, however, to add other baseline health screenings as resources permit.

The program then asks each participant to define their own barriers to good health practices. Does she need to exercise more and eat more fruits and vegetables? Or does he need to stop smoking and get more sleep?

Each participant then is asked to focus on three areas of their own choice to improve. They are asked to track those three areas for eight weeks.

It is difficult to change health behaviors by oneself. This is why *Get My People GOING!!* invites each participant to choose a friend or "buddy" for the journey. It is not necessary that they exercise together (although they can), but recommends that they at least check in together weekly for encouragement on goals and progress. There is a signature page in the participant materials for a partner to sign each week.

Last, but NOT least, we have set this wellness program in the context of the Exodus story, with scriptural references along the way. Manna introduces healthy eating habits, striking the stone to find water introduces a discussion of the importance of drinking enough water, and the temple in the wilderness points to the importance of a strong spiritual life, no matter where we are on our journey.

Program Ideas – Getting Started

When to offer this program: This program is eight weeks long that is good for a Fall kick-off, a late Spring program, or a Summer activity to pull folks together despite vacation travels.

Publicity: We have included a poster, pre-made bulletin board, bulletin inserts, and newsletter articles for promoting the program, as well as suggested texts for e-mail updates for those who would like to receive them.

Homework: The program leader should visit the website highlighted in the nutrition section of this program www.mypyramid.gov.

Getting Started: You will want to take weights and heights (or ask them to fill that in), and blood pressures.

Reporting Back: There are no “points” in this program – there are only areas of improvement. A sign-up sheet is included in this packet, as well as a final survey.

Resources

You will find the following resources to help you with this program.

1. Poster – Personalize the poster with the name of your congregation, the dates of your program, and your contact information.
2. Sign-Up Sheet – Make copies as needed.
3. Bulletin Board - See the Bulletin Board files on the CD.
4. Newsletter Articles – Feel free to personalize, then “cut and paste.”
5. Bulletin Inserts – Personalize, cut and paste.
6. Weekly e-mail updates – Personalize, cut and paste.
7. Final Survey for Participants – Make copies as needed.
8. Final Evaluation for Parish Nurses/Health Ministers – Please complete one copy of this evaluation and return it by e-mail to info@parishnurses.org or fax it to us at the IPNRC at 314-918-2558. This will help us improve the program in the future.

Samples

Feel free to personalize these messages with your contact information.

E-Mail Message for Week One:

Subject Line: Welcome to “Get My People GOING!!”

We’re glad you’ve accepted our congregation’s invitation to wholeness: “Get My People GOING!!” Remember, you are not trying to change everything in your life. You are only trying to make improvements in three areas. And don’t forget that, like the Hebrew people in the wilderness, you are not alone. You are surrounded by a cloud of witnesses. So relax, and enjoy the company!

Blessings on your journey,

Bulletin insert for Week Two:

Moses was a great walker, but did you know that some of the most well-known people of faith were also similarly inclined? People like Mother Teresa, St. Francis of Assisi, Dorothy Day, Rev. Dr. Martin Luther King, Jr., and Professor Dietrich Bonhoeffer all included walking in their day as a time to think and pray. It is good for your mind, your body, and your soul. Walk with a friend, and it is good for your community! Don’t forget to track your walking time on the “Get My People GOING!!” log sheet.