

## THE FAN GOALS



**1** / Become physically active at a moderate intensity for 150 minutes per week.



**2** / Eat about 2 cups of fruit and at least 3 cups of vegetables each day.



**3** / Eat more whole grain foods.



**4** / Eat less fat, especially saturated fat.



**5** / Eat less sodium (salt).

# FAN Monthly

February 2022



## *Dear CPBC Family,*

Welcome to Month 3! This month we focus on setting goals for physical activity and healthy eating.

### **FAN Goal of the month:**

Set a personal, *realistic* goal to be physically active at a moderate intensity (e.g., brisk walking) to reach 150 minutes a week.

### **Personal Goal Setting**

Setting goals **narrows** your attention to achieve the activities you set out to accomplish. It also sets a standard that encourages you to be persistent and ensures that you

are being **intentional** with your actions towards achieving your goal.

Setting a health goal may seem like a daunting task. Try the **“Keep Track of Health Goals with FAN”** goal setting worksheet and the **“Setting Goals the SMART way.”** Let's use these tools to encourage our church family.

Change can be easy in small and simple steps! A goal of 5 minutes of physical activity each day (today), can soon become

10 minutes of daily physical activity (next week!).

Change takes discipline. But if you keep track of what you do, increase *little by little*, and find solutions when you run into problems, you can reward yourself for a job well done!

# Additional Resources

## Limit your fat intake with a low fat, low sodium, and high fiber heart healthy recipe.

### Cookin' Corner

**Handouts.** This month's materials include:

- [Keep Track of Health Goals with FAN](#)
- [Setting Goals the SMART Way!](#)
- [Know the Facts about Heart Disease](#)
- [Put Your Heart into Getting Active](#)
- [Put Your Heart into Healthy Eating](#)
- [Are You at Risk for Heart Disease?](#)
- [Life's Simple 7 for Kids](#)

**Next Issue.** The upcoming FAN Monthly will focus on self-discipline for healthy eating and physical activity.

#### Healthy Heart



Healthy You

FAN wants you to **be heart smart!** Being heart smart means to serve and eat foods that **lower the risk of heart disease.** Heart smart foods have lower amounts of fat, salt, and cholesterol.

#### <<<The Skinny on FAT>>>

**Unsaturated fat:** Includes mono- and poly-unsaturated fats. These are the good fats that *lower* cholesterol. Found in nuts, seeds, fish, and vegetable oils.

**Saturated fat:** Found in animal products: meat, lard, dairy, and eggs. Saturated fats *raise* cholesterol and can *clog* arteries.

**Trans fat:** Occur naturally in some foods in small amounts, are usually made from oils through food processing. Because they are so clearly linked to heart disease, the Food and Drug Administration banned artificial trans fats from U.S. restaurants and grocery stores as of June, 2018. While companies were given one more year to find replacements for trans fats, food makers and health advocates agree that artificial trans fats have been removed from the U.S.'s food supply.

**\*NOTE\*** Many products may have a label that says "0 grams of Trans fat" or "No Trans fat." This is good, but just because a food does not have any Trans fats does not mean it is "fat free."

**Cooking tips:** Most people are used to the taste that fat adds to meals. Use recipes that make substitution for fats to create healthy food options that don't skimp on taste. People want foods that they like to eat, so let's change the taste of "healthy." A healthy church has members who want to eat healthy!

When cooking with fat, try to avoid hydrogenated oils (like margarine). A better option is to use small amounts of oils that are liquid or soft at room temperature (like olive oil). Always read food labels to be sure of fat content before you cook!

#### FAN Flair Turkey Salad (Makes 10 Servings)

##### Ingredients:

7 cups fresh turkey breast, roasted  
3/4 cup celery, coarsely chopped  
1/4 cup sweet relish  
3/4 cup mayonnaise or salad dressing  
1/4 cup onion, finely diced  
2 large red-skinned apples, coarsely chopped  
1 cup red grapes  
1/8 teaspoon ground pepper

##### Instructions:

1. Shred or dice the turkey and add with the other ingredients.
2. Mix thoroughly and chill before serving.

##### Suggestion:

Serve on whole wheat rolls or bread!

##### Nutrition per serving:

Calories: 105  
Total Fat: 9.5 g  
(Unsaturated: 6.5g,  
Saturated: 3g,  
Trans: 0g)  
Carbs: 7g  
Fiber: 1 g  
Protein: 17g  
Sodium 145 mg



# Be a FAN for your health: Increase your faith, be more physically active, and eat more fruits and vegetables!



**Decrease your risk for cardiovascular disease with healthy eating and physical activity!**

**Cardiovascular disease** is the #1 killer in the United States for both men and women. It claims the lives of 1 in 4 Americans yearly. Yet, in many cases, it is preventable. Yes, preventable!

“Cardiovascular disease” is the group of diseases of the heart and its pathways that includes: heart disease, stroke, angina (chest pain), congestive heart failure, congenital (birth) defects, and hardened arteries. **Heart disease is the most common cardiovascular disease.**

When the [level of cholesterol](#), some of which comes from the kinds of fats you consume, in

the blood is high, it is likely that it will stick to the walls of the heart arteries. This build up can block blood flow and oxygen to the heart. The heart cannot work properly and may cause chest pain or lead to a heart attack.

### Health Tips of the Month

#### **Healthy eating and your heart:**

**Eat less fat...** especially saturated fat, which comes from animal products like meat, lard, dairy, and eggs. These foods are not bad for us in **moderation.**

Choose lean cuts of meat and cut off extra fat and skin before cooking. Dairy is also very good for us, but most bodies do not need the extra fat that dairy brings. **You can** have

“the real thing” with less fat and calories. Think heart smart!

#### **Physical activity and your heart:**

Better lifestyle habits lower the risk for stroke, heart attack, and other heart diseases. Being active is beneficial for your blood pressure, blood glucose (sugar), blood lipids (cholesterol), and the health of your blood vessels!

Consider these suggestions:

- **Increase** your physical activity  
Getting at least 150 minutes of moderate intensity physical activity each week will reduce your risk for cardiovascular disease
- **Manage** your body weight  
Physical activity is one piece of the puzzle to keeping a healthy weight. Not only that, physical activity can help improve your body’s use of insulin. Insulin allows your body to



## FAN Activity

Another part of staying healthy is to set realistic goals regarding physical activity and healthy eating!

With every New Year, we tend to set goals to be more physically active, eat healthy and lose weight. Try setting short-term and long-term goals that relate to healthier living and watch your health grow. Physical activity and healthy eating help keep your temple in good shape. Keep a log of your progress - small easy steps help us get to our goals. For example, a goal might be to “walk 8,000 steps today.” Small steps to help you reach this goal might be using the stairs instead of the elevator, or parking your car further away in a parking lot. Reach out to family, friends and church family to help you reach your goals. Be sure to start with something easy and celebrate each small success. In the end, each success adds to meeting your long-term goal.

### Activity:

For 1 week, **write** short-term physical activity goals and post them in a place where you look every day (like your bathroom mirror or refrigerator). Use the “**Keep Track of Health Goals with FAN**” goal-setting worksheet and use the “**Setting Goals the SMART way**” guidelines to help!

*“Commit your works  
to the Lord,  
And your  
thoughts will be  
established.”*  
Proverbs 16:3  
(NKJV)

Focus on **short term goals** for long term success. Short goals can be met faster which can mean more rewards for your hard work. You are also more likely to keep up the good work when you meet these goals.

Remember, very few can win a race in one try. If you are not able to meet a FAN goal today, do not expect to do so by tomorrow. *But it's okay!* Little by little we get better and stronger. Keep this in mind as you set goals for success (that includes physical health **and** spiritual health).

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# Setting Goals the SMART Way!

Remember to be **SMART** when you set your goals:  
Specific, **M**easureable, **A**ttainable, **R**ealistic, and **T**ime-oriented.

