



**THE WELL
CHURCH
INITIATIVE**



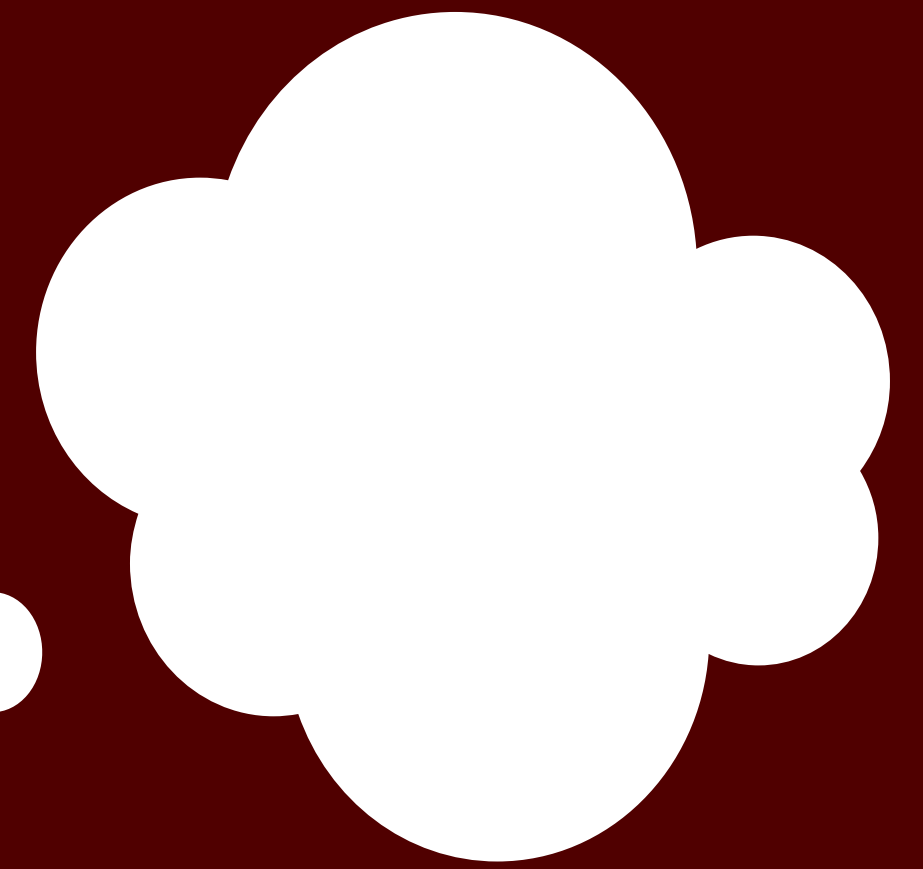
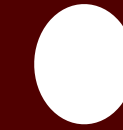
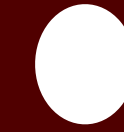
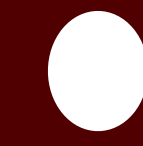
Active Living



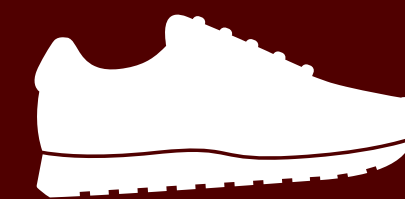
Michael Lopez, MUP
Extension Program Specialist II
Texas A&M AgriLife Extension Service

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Where are you active?



What challenges do you face to achieve your physical activity goals?



Active Living Challenges



Photo Credit: Texas A&M AgriLife Extension



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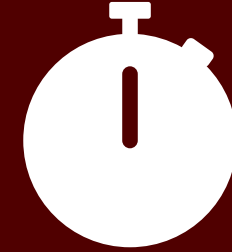
Types of Activity

Aerobic activity 3 components:

Intensity:
How hard a person works to do the activity.

Levels of intensity:
light, moderate, or vigorous

Duration:
How long a person does an activity in any one session.



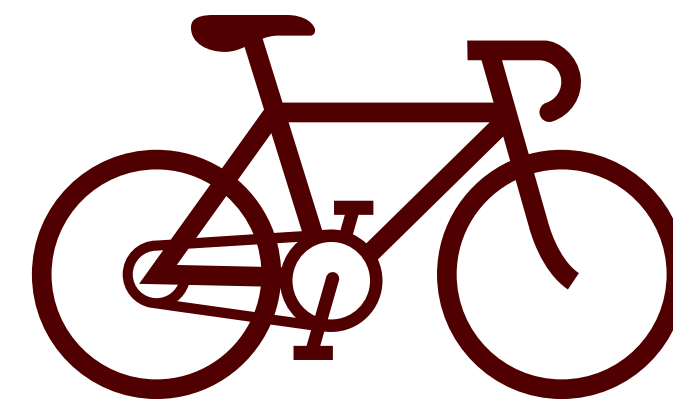
Frequency:
How often a person does aerobic activity.



Examples include:



Brisk Walking



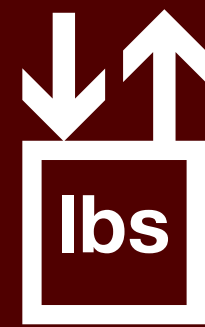
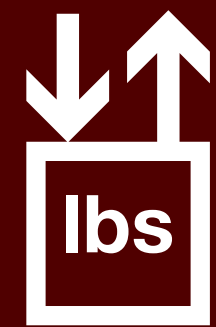
Biking

Types of Activity

Muscle-Strengthening activity 3 components:

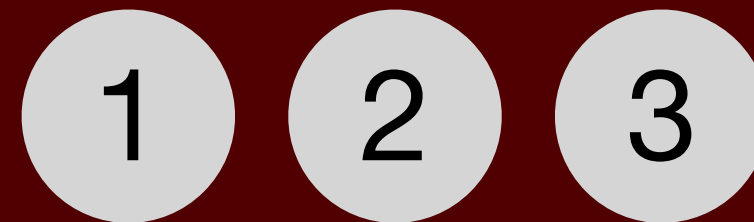
Intensity:

How much weight or force is used relative to how much a person is able to lift



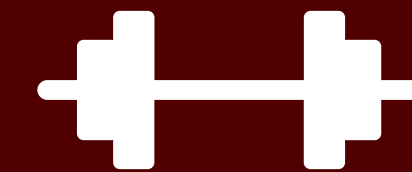
Frequency:

How often a person does muscle-strengthening activity

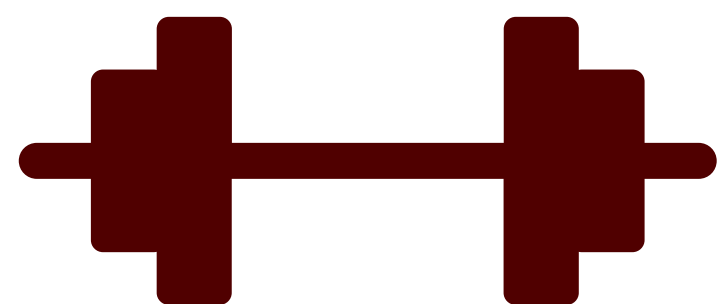


Sets and Repetitions:

How many times a person does the muscle-strengthening activity, like lifting a weight or a push-up



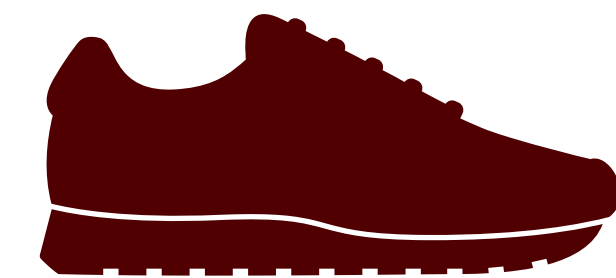
Examples include:



Lifting Weights



Heavy Gardening

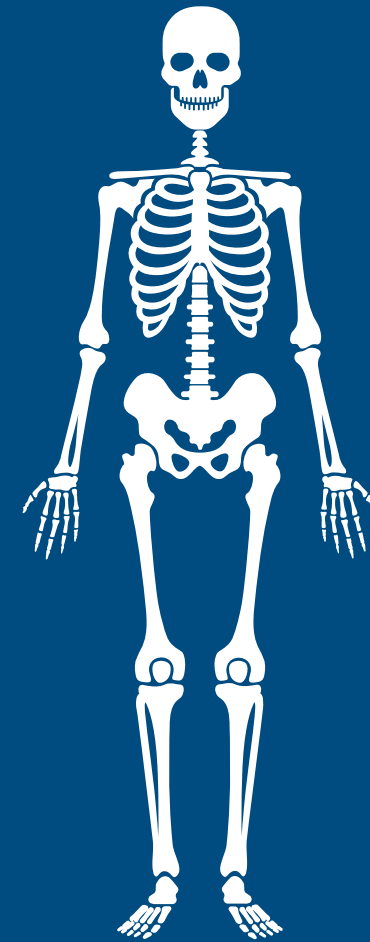


Bodyweight Exercises

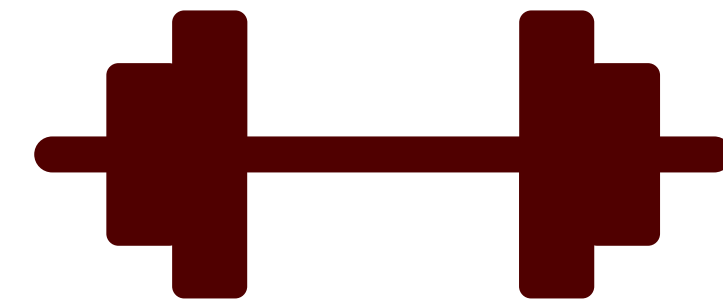
Types of Activity

Bone-Strengthening activity

is physical activity that produces an impact or tension force on the bones that promotes bone growth and strength



Examples include:



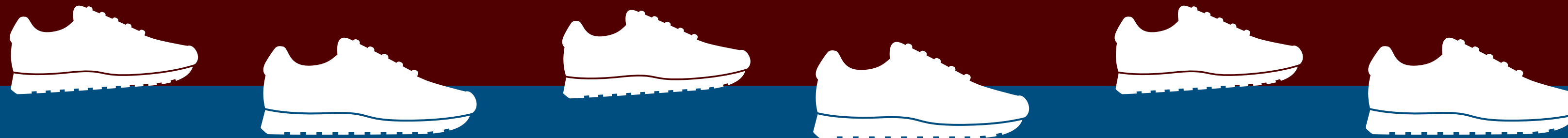
Lifting Weights



Running

Compendium of Physical Activities for Adults

<https://sites.google.com/site/compendiumofphysicalactivities/home>



Youth Compendium of Physical Activities

<https://www.nccor.org/tools-youthcompendium/>

Safe Physical Activity How to:

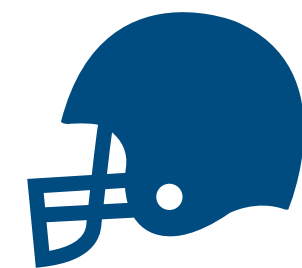


Choose types of physical activity that are appropriate for your current fitness level and health goals

Increase physical activity gradually over time.
“Start low and go slow”



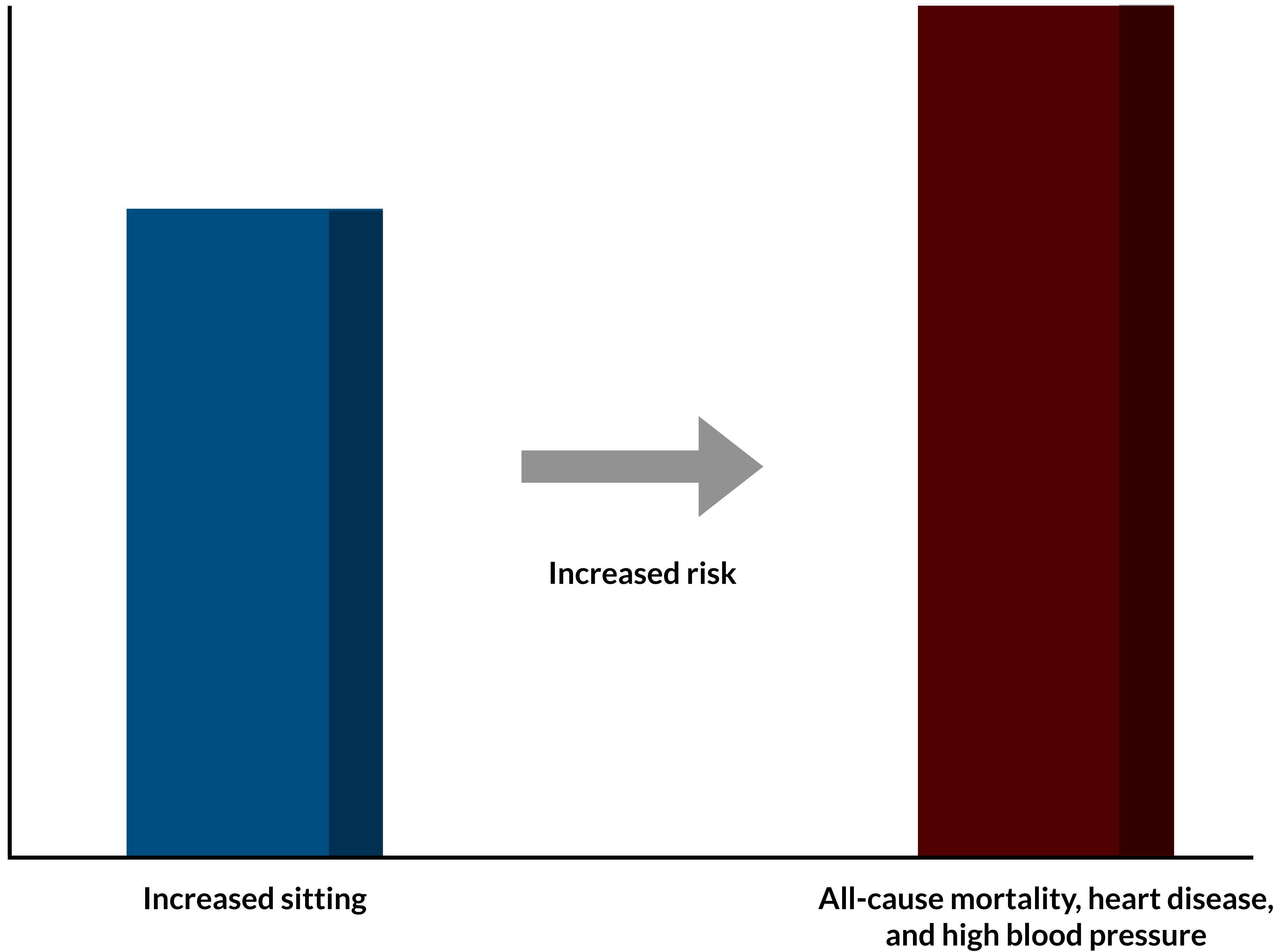
Use appropriate gear and sports equipment to protect yourself when being physically active



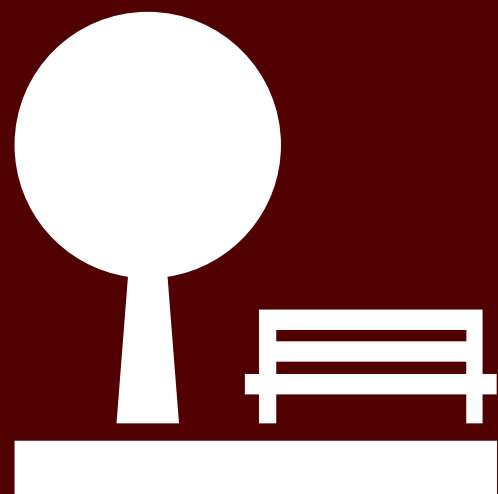
Anyone with chronic conditions and symptoms can consult a health care professional or physical activity specialist about appropriate physical activity for them



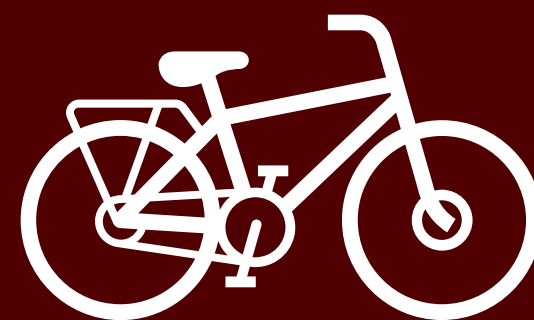
Positive relationship between:



Active Living is a broad concept that includes typical understandings of physical activity, like exercise and recreational activities, included with household and occupational activities and active transportation.



Recreation



Transport



Occupation



Household

Ecological Model



Strategies to Promote Physical Activity

Business and
Industry

Sports

Healthcare

Mass Media

Public Health

Community Recreation,
Fitness, and parks

Education

Faith-Based Settings

Transportation, Land Use, and
Community Design

Best-Practice Strategies

1. Include physical activity promotion in health ministries
2. Encourage partnerships with other sectors to promote physical activity
3. Institutionalize physical activity promotion
4. Identify or develop marketing material tailored for faith community leaders to enhance their perceptions of the value of physical activity
5. Develop and deliver physical activity programs
6. Access electronic evidence-based programs and best practices for promoting physical activity in faith-based settings

Walk Across Texas! Kick-Off Event



Photo Credit: Texas A&M AgriLife Extension Service

HowdyHealth.tamu.edu



Photo Credit: Texas A&M AgriLife Extension Service

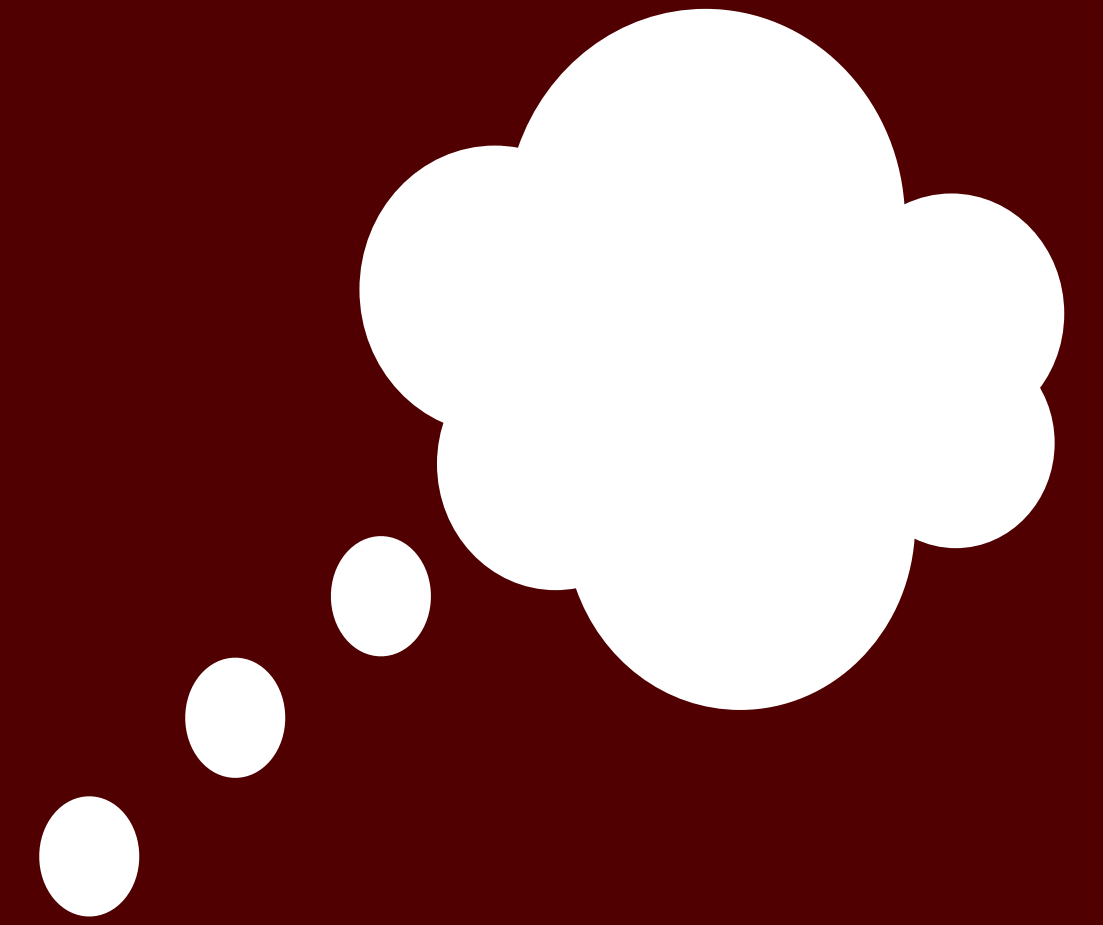
Stroll thru Rockport



Photo Credit: Texas A&M AgriLife Extension Service



Photo Credit: Texas A&M AgriLife Extension Service



What do you think are opportunities in your church and community to be more active and live a healthier lifestyle?





**THE WELL
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Active Living Accessibility and Inclusion within Faith Communities



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Texas A&M AgriLife Extension Service

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Serving All People

61 million adults

adults in the U.S. live with a disability.

26%

(1:4) of adults in the U.S. have
some type of disability.

25.6%

of adults in Texas
have some type of
disability.

Accommodations

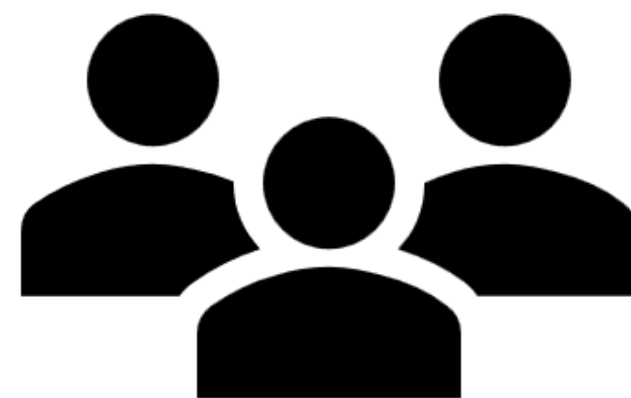
Ask participants about their needs and preferences



American sign language interpreter
Translation services
Real-time captioning



Remove physical barriers
Relocate to physical barrier-free space
Ensure bathrooms are accessible



Provide modified versions of programs
Utilize People First Language

4 Steps to be Accessible and Inclusive

STEP 1

Establish a
Disabilities
Ministry

STEP 2

Assess the needs and
accommodation
requests of the Faith
community you serve

STEP 3

Implement
accommodations to
make your Faith
community more
accessible and
inclusive

STEP 4

Complete ongoing
evaluations and
make changes as
needed