

FAITHFULLY FIT FOREVER LEADER TRAINING

Sponsored by Central Texas Conference Health & Wellness Task Force
Don't miss this opportunity to start this exciting program at your church.

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 attempts to eliminate the barriers that keep people from participating in exercise and health enhancing behaviors.

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 members. 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 150 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 – geared toward women and men over 55 and anyone who has not been participating in regular physical activity - 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.

Date	November 13, 2010
Time	9 AM to 1 PM
Location	First united Methodist Church of Keller 1025 Johnson Road, Keller Texas 76245 Visit kellerumc.com for more information and directions.
Cost	\$75, Includes 16 Weeks of professional training to get you started, a training manual, educational materials, devotional resources and exercise leadership video.

TRAINING LEADERSHIP: Susan Harvey, Physical Therapist and FFF Leader and Trainer. Please come dressed for activity, tennis shoes, no Dresses

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Workshop Registration Form

November 13, 2010 and the First united Methodist Church of Keller

Name

Address

City, State

Zip Code

E-mail Address

Home Phone

Cell Phone

Church Phone

Church Name

Church Address

City, State

Zip Code

Please enclose a check for \$75.00 Pre-registration is required to order materials. Make Checks Payable to Central Texas Conference – FFF
Return form by October 15, 2010 to:

Susan Briles, Faithfully Fit Forever
The United Methodist Center
464 Bailey
Fort Worth, TX 76107-2153

Questions? E-mail Mona Bailey at billmona_1@charter.net or 817-577-0440
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, mixing faith and fitness."

**Coming soon to a congregation near you!
It's fun and it works!**

Be a leader. Attend this leader training and improve the overall health of your congregation. This workshop will give you everything you need to implement FFF.