

change something @ your place of worship

No matter what your faith is, health is a finely tuned combination of spirit, body and mind. These healthy tools can help you and your fellow worshippers change something.



Place these table tents in class/study rooms, youth group areas, church kitchens or fellowship areas.



Use page 3 as inserts for your church bulletin. Your congregation can take them home and incorporate the healthy changes into their lifestyle.



Who says the church sign outside has to be boring? Use the ideas on page 4 to spice up your church sign, or come up with your own.



Download the “changesomething corner” JPEGs and place them into your bulletin (or use the attached hard copy to cut and paste) to give your congregation healthy ways to change something.



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- Does your church bulletin need some livening up? Create a “changesomething corner.” Each week, download a different JPEG with a wholesome change, and put it in a corner of your bulletin. The congregation can look forward to a new, healthy change each week.
 - Have a “Change Something Week.” The message of the service can center on small, healthy changes. Throw a frozen yogurt social as a healthier alternative to the traditional ice cream social.
 - Take a Sunday walk instead of a Sunday drive.
 - Park in the back of the parking lot and walk. Or you could skip.



changesomething.org

Try using half of your normal cream and sugar.



Enjoy a breakfast of champions.



When it comes to health, there is no forbidden fruit.



Kansas Health Foundation

To create a healthier Kansas, and a healthier you, we don't need to change everything, just change something.

Pick one thing to change today, and share it with someone. See what they're doing to change something.

Visit changesomething.org for more suggestions and tools to help you change something.



Kansas Health Foundation

changesomething.org

Organize a family game of Frisbee® when you get home.



Pull your kids in the wagon.



Plan a picnic. Then, walk to the park.



Kansas Health Foundation

Fold along dashed lines. Tape or glue this flap under the blue section to create a triangular pillar. Place on table.

**You don't have to be a saint and
change everything to live healthier.
Just change something.**

- Take a Sunday walk instead of a Sunday drive.
- Organize a Sunday after-dinner game of Frisbee®.
- Say your daily prayers during your morning jog.
- Follow your daily devotions with a daily vitamin.
- An evening walk is good for the spirit.

changesomething.org



Kansas Health Foundation

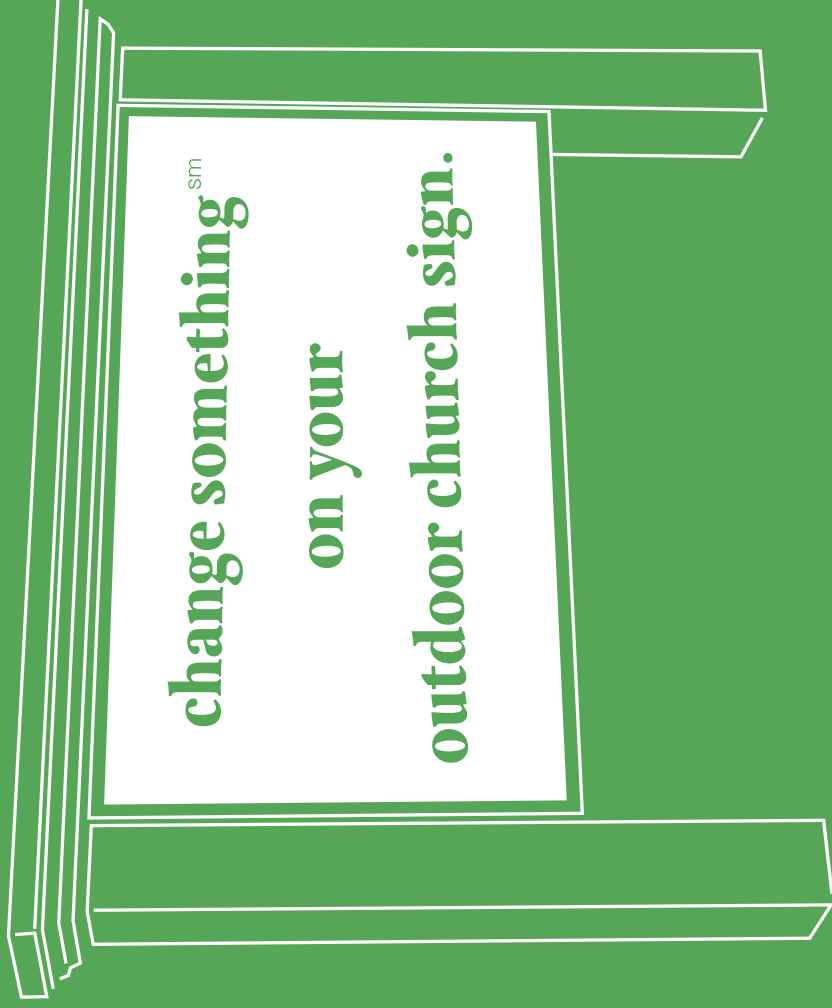
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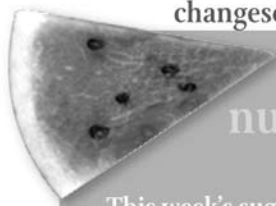
changesomething.org



Kansas Health Foundation



- Healthy spirit = healthy body.
Change something.
- There's a reason gluttony and sloth are deadly. Change something.
- Change a Sunday drive into a Sunday walk.
- A healthy spirit comes in small steps.
Change something.
- Take a walk. With God.
Change something.

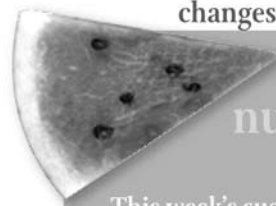


changesomething corner

nutrition.

This week's suggestion.
When breaking bread, make it whole grain.

Visit changesomething.org for more suggestions.



changesomething corner

nutrition.

This week's suggestion.
Have friends over and try a new, healthy recipe.

Visit changesomething.org for more suggestions.



changesomething corner

physical activity.

This week's suggestion.
Take a "Sunday walk" instead of a Sunday drive.

Visit changesomething.org for more suggestions.



changesomething corner

physical activity.

This week's suggestion.
Organize a family game of Frisbee® after Sunday dinner.

Visit changesomething.org for more suggestions.



changesomething corner

physical activity.

This week's suggestion.
Say your daily prayers during your morning jog.

Visit changesomething.org for more suggestions.