In Good Faith:
Congregations Increasing Opportunities for Physical Activity through Shared Use

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Health and Wellness in the Congregation

30% of U.S. congregations provide health focused programs to congregants
Health and Wellness

- Physical
- Emotional
- Intellectual
- Social
- Spiritual
Health and Wellness in the Congregation

- Health ministries
- Parish nurses
- Health fairs
- Exercise classes
- Sports leagues
- Healthy cooking classes
- Gardens
- Farmers’ markets
- Congregational wellness policies
2/3 of U.S. congregations provide social services in their communities
Shared Use and Faith-Based Organizations
Shared Use By Congregations

- Outdoor facilities
- Indoor facilities
- HE/AL programs
- Community gardens
- Farmers’ markets
How Does Shared Use (by Congregations) Happen?

1) No Agreement or Policy

2) Informal Agreement or Policy

3) Formal Agreement or Policy

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Common Considerations for Congregations

- Liability and Insurance
- Funding and Resources
- Facilities Management
- Implementation and Sustainability
- Partnerships
- Safety
Shared Use by Congregations Across the Country
Boot Camp with Agape Word Fellowship
Raleigh, North Carolina
Zumba in Salt Lake County

Photo: Mi Zazzy Life
Gracepark – Grace Community Church
Marion, NC
Exalting Christ.
Transforming Lives.
Embracing a Community.
The Path to Gracepark

If our church were removed from this community, would anyone notice except the people who attend?

How can we intentionally be in this community?
“Find out what the community really wants. ... We would not have pursued the pavilion without the community survey revealing that want and need.”
“Trying to figure out how to return that sense of community.”

“Working for quite some time for some way to reach the community.”
Creek Wise Park

- Playground
- Pre-school area
- Multi-use court
- Walking trail
- Nature trail
- Community garden

Photo: Grace Baptist Church
Creek Wise Park - Partnerships

- North Carolina Cooperative Extension
- Voc-Ed at local High School and Community College
- YMCA
- Local hospital
- McDowell Trails Association
- Soil and Water Conservation District
- U.S. Fish and Wildlife Service
- Local preschool
- And more!

“It is exciting to find out how many community organizations want to come on board.”
The Path – Calvary Christian Church
Clark County, Kentucky

Photo: Laura Stephenson
Welcome: Open Dawn to Dusk

RULES

- Please provide appropriate supervision for all children
- Dogs must be leashed (unless no one else is present)
- No motorized vehicles
- Trail patrolled by police

Made Possible by Calvary Christian Church & Bluegrass Rails to Trails
Let’s collaborate!
ChangelabSolutions.org
Thank You!

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