

No Excuse Healthy Living



Health Leadership Academy

Policy for Churches for the NEHLA Healthy leadership academy

All Churches participating will focus on several factors:

1. The vision

The vision of No Excuse Healthy Living Health Leadership Academy is to advance health by increasing leaders' capacity among faith-based organizations to transcend boundaries, work collaboratively, and transform their communities

2. Healthier eating habits

- a. Changing the way you eat to prevent disease
- b. Drinking plenty of water
- c. Portion control

3. To assign Health coach and Assistant Health coach which will be done by the Church leader

- a. The Health Coach trainer will be the leader of their team: They will be part of various trainings and workshops in addition to filling out an application and a waiver form. Their overall responsibility will be to ensure that those who are part of their team are doing all they can to ensure they are living healthier by making healthier food choices and exercising

4. Virtual Health trainings will take place.
 - a. They will last four weeks, and include trainings on
 - i. Diabetes
 - ii. Nutrition
 - iii. Blood pressure
 - iv. Medical information
 - v. Smoking/Tobacco
 - vi. Mental health first aid
 - vii. CPR
 - viii. Webapp
 - ix. Charity tracker
 - x. Band
 - xi. Food handler

5. Participation in health challenges
6. Having minimum number of five team members
7. Purchase of equipment
 - a. Blood pressure machine
 - b. Scale
 - c. Measuring tape
 - d. Binder

By signing below, I agree to all policies stated above regarding the NEHLA Health Leadership Academy

Rev. Dr. Rodney Coles Sr./CEO

Church Leader/Pastor

Date _____

Date _____