

BODY & SOUL PROGRAM

Body & Soul is a health program developed for African-American churches to encourage church members to eat a healthy diet rich in fruits and vegetables every day.

WHAT ARE THE BENEFITS?

The Healthy Gardening Program helps participants to:

- Increase their knowledge of how health affects your well-being
- Take charge of health
- Eat more fruits and vegetables every day
- Gain access to vital health information
- Increase physical activity
- Lose weight
- Share garden produce with community
- Increase self-esteem and sense of belonging

Adopting a healthier lifestyle by eating more fruits and vegetables and increasing physical activity will help to reduce the adverse affects of chronic diseases.

For more information about the Healthy Gardening Program, contact Michael McIntyre, Urban Regional Extension Agent at:

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Healthy Gardening Program

Fostering a healthy lifestyle through gardening with Body & Soul



ALABAMA COOPERATIVE EXTENSION SYSTEM

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HEALTHY GARDENING PROGRAM

WHAT IS THE PROBLEM?

African-American and Hispanic populations have higher rates of diabetes, coronary heart disease, and hypertension than other ethnic groups. These chronic diseases are often attributed to an unhealthy diet and a lack of physical activity.

WHAT IS THE SOLUTION?

Reduce health risks among Alabamians by using horticulture therapy. Horticulture therapy involves the use of gardening and plant-related activities as tools to improve physical, intellectual, psychological, and social well-being.



WHO IS ELIGIBLE TO PARTICIPATE IN THE PROGRAM?

The Healthy Gardening Program is for anyone wishing to live a healthier and happier lifestyle. It incorporates two programs: Urban Horticulture Initiative & Body & Soul. Healthy Gardening allows church goers to become more active in fun-filled activities. It also explores the amazing and hidden powers of gardening. It's about people having fun while achieving health goals.

WHAT RESOURCES ARE USED?

The Healthy Gardening Program uses the Urban Horticulture Initiative and the Body & Soul Program to accomplish its objectives.

URBAN HORTICULTURE INITIATIVE

The Alabama Cooperative Extension System's Urban Horticulture Initiative is designed to impact the family, environmental, social, economic, and agricultural issues or affairs in densely populated areas. Plants and gardening are used to overcome problems such as obesity, crime, drug use, and low school grades.



HORTICULTURAL THERAPY MODEL



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