

Here is a suggested paragraph for a church bulletin announcing InStep for Life for churches that don't use inserts:

InStep for Life is a walking and fitness program being launched January 2009 in all churches in the North American Division. To join, get a starter kit from [insert name of pastor or InStep coordinator] or download it from www.InStepForLife.com. See the bulletin board for more information.

Print a copy of the bulletin insert and post it on the bulletin board for members to see for additional information.