



Sample Canvasses for Neighborhood Distribution of *Balance* Magazine

INTRODUCTION:

Sample #1

Hello. My name is _____ and this is _____ and we're with the Balance Community Health Initiative. We are seeking to increase health awareness in our community and have a **FREE** health magazine for you.

Sample #2

Hello. My name is _____ and I live on _____ street. I am out visiting my neighbors today because I am interested in promoting healthful living in my community. With the economy as it is and health care costs so expensive, we really need to live a simple, healthy lifestyle. So I am distributing a **FREE** health magazine to all my neighbors.

Sample #3

Hello. My name is _____ and today I am seeking to lower the stress levels of my neighbors! We all know how stressful life and work can be and with the economy issues of late there is a lot that can cause a person stress. So today I am giving all my neighbors a **FREE** gift that will help them lower and manage stress.

Sample #4 (Holiday Season)

Hello. My name is _____ and this is my friend _____ and we are with Balance Community Health Initiatives. Today we are seeking to help lower the stress of people living in this neighborhood. We all know how stressful the holidays can be so we are giving a **FREE** gift to all the neighbors – an issue of *Balance* magazine.

PUT MAGAZINE IN HAND!

CANVASS:

This issue of *Balance* magazine features articles on simple ways to lower stress. On page 2 (*point them to the article*) there is a fascinating article on the relationship between nutrition and stress and how eating more nutritious foods can help you lower and manage stress.

CLOSE:

I know you will find this magazine to be both informative and helpful. I'll be back next week to see how you liked it and share another informative issue with you.

ADDITIONAL INFORMATION:

- Article on helping children find balance.
- Article on credit card stress.
- Yummy, healthy recipes for lunch on the go.

QUESTIONS ASKED/ANSWERS GIVEN:

Q. Who are you with?

A. I am with the *Balance Community Health Initiative* seeking to improve the health of families in this community.

Q. What is the *Balance Community Health Initiative*?

A. It is an outreach ministry of *Lifestyle Matters*, a non-profit organization based in Lansing, Michigan, which produces materials designed to help people improve physical health, mental function, overcome addictions, and discover the keys to wholeness of body, mind, and spirit. They are the producers of the *Balance* magazines. You can learn more about them at www.lifestyl matters.com.

Q. Are you affiliated with some church?

A. This is a community service project sponsored by the local Seventh-day Adventist church to promote healthful living in our community. Adventists have been featured in *National Geographic* magazine and on CNN as some of the longest living people on earth because of their emphasis on healthful living.

Q. Is there a subscription involved?

A. No. These magazines are absolutely FREE. There is no obligation in receiving them.

Follow-Up Canvasses for *Balance* Magazines

SECOND VISIT:

Hello. I stopped by last week with the first issue of *Balance* magazine on the relationship between diet and stress. Did you have a chance to look at it? Here is another gift issue for you!

ADDITIONAL MAGAZINE CANVASSES:

No. 2 - “The Junk Food Junkie”

This issue shows how to overcome food cravings and discover secrets for managing and lowering weight. Check out the recipe page!

No. 3 - “Beating the Big 4”

This *Balance* magazine talks about how to beat the most common lifestyle diseases – diabetes, heart disease, high cholesterol, and high blood pressure. I am sure you know someone who suffers from at least one of these and this magazine gives practical suggestions to reverse these.

No. 4 – “Superfoods that Fight Cancer”

This issue of *Balance* magazine lists foods that you can eat that will help lower the risk of developing cancer and even help fight cancer. I encourage you to read it and share the information with someone you know who has cancer.

No. 5 – “Super-sized Kids: Rescuing Children from Obesity”

This issue looks at the huge problem of childhood obesity in our country. Sadly, many children will not live as long as their parents because they will develop lifestyle-related diseases like diabetes at an earlier age? This issue shows how parents can teach and model good lifestyle habits that will help their child live longer, healthier lives.

No. 6 – “Living Free: Finding Freedom from Habits That Hurt”

Everyone has some bad habit they would like to overcome. The good news is that the adult brain has the ability to change and form new pathways allowing the formation of new habits. If you know someone trying to break free from an addiction or if you just want to change a habit, this magazine will be especially helpful!

No. 7 – “Depression the Way Out”

Depression is a common problem for people – even children – but recent discoveries in the diagnosis and treatment of depression have increased the hope for recovery. If you or someone you know struggles with melancholy tendencies, anxiety, loneliness, or despondency this issue of *Balance* could be a real help!

No. 8 – “Sleep, Schedules, and Sanity”

Life can be busy and hectic! This *Balance* magazine shows how to manage your schedule and insure that you don't burn out.

No. 9 – “The Entertainment Trap”

This *Balance* magazine covers several important topics – the effect of entertainment on mental and physical health, fitness walking, and diabetes prevention. I know you will enjoy it!

No. 10 – “Hearts on Fire”

This issue of *Balance* discusses how to prevent a heart attack, have good oral health, and experience the blessings of giving. There is also an inspiring story about one elderly woman who climbed Mount Whitney 23 times between the ages of 65 and 91!

No. 11 – “Chronic Pain: Roots and Remedies”

Many people suffer from some form of chronic pain. This issue of *Balance* magazine discusses practical things that you can do to help ease pain.

No. 12 – “Lessons on Loss”

“Loss.” It's a part of life--the hardest part. "Lessons on Loss" will give you practical and spiritual tools for protecting your health and well-being during times of upheaval. This issue of *Balance* explores how to build strength and resiliency in the face of financial reversals; health challenges; and marital upheaval.