

# WholyFit Instructor

"HE WAS GIVEN AUTHORITY, GLORY AND SOVEREIGN POWER; ALL NATIONS AND PEOPLES OF EVERY LANGUAGE WORSHIPED HIM. HIS DOMINION IS AN EVERLASTING DOMINION THAT WILL NOT PASS AWAY, AND HIS KINGDOM IS ONE THAT WILL NEVER BE DESTROYED." DANIEL 7:14 TNIV

## Laura Monica

Founder WHOLYFIT MINISTRIES

Executive Director



Phone Number:	<a href="#">WholyFit Canada</a> 905 963 9114
Email Address:	<a href="mailto:Laura@wholyfit.org">Laura@wholyfit.org</a> <a href="mailto:wholyfit@live.com">wholyfit@live.com</a> <a href="http://www.wholyfitcanada.com">www.wholyfitcanada.com</a>
Class Location:	<a href="http://www.gotomeeting.com">www.gotomeeting.com</a> Meeting ID: 270224417 By phone: 218-844-4922
Class Times	Wednesdays at 10:30 AM AST/EST (9:30 AM CST and 7:30 AM PST)

### Laura's Certifications:

Certified Health and Fitness Instructor, **ACSM (American College of Sports Medicine)**

Fitness Expert for 25 Years

Martial Arts Expert

Christian Fitness Author

Church Worship Leader Vocalist/Soloist

Laura is a master instructor, having worked as a fitness pro at 24HR Fitness, YMCA, and a number of health clubs and churches nationwide.

- HFI ACSM -Certified Health and Fitness Instructor (AmericanCollege of Sports Medicine), 2003-Current #596391
- Chun Kuk Do Karate, Black Belt
- Certified Group Exercise Instructor - AFAA (Aerobics and Fitness Association of America)1986-present
- Certified Personal Trainer- ACE (American Council on Exercise)1991-1995
- Certified Group Exercise Instructor - ACE (American Counsel on Exercise) 1993-1995
- Certified Group Exercise Instructor - IDEA (International Dance Exercise Association)1986-1990
- Gold Certified Personal Trainer - IDEA (International Dance Exercise Association) 1990-1994
- CPR Certified, American Heart Association, current since 1980
- AAU Competitive Springboard Diver 1977-1979

### About Laura:

After being struck down in her 30's by chronic illness, Laura was able to return to teaching fitness classes after gradual healing through prayer and exercise. She began teaching fitness classes after her comeback at Johnson Ferry Baptist Church in Marietta, GA and now has founded WholyFit, a Christian Mind-Body Fitness certification organization. Once having only a "hard-body" mentality, Laura's thinking about fitness was permanently changed after her experience with illness from a concentration on outward oriented goals to an inward focus on health. Her heart had changed, too. She learned compassion through her health struggles and has an emotional connection with her students that transforms Laura's journey through physical weaknesses into her greatest strength. Along with being a multiply certified fitness professional with 25 years of experience, Laura is a born-again committed Christian. She has been a worship leader and church soloist for 30 years and as a homeschooler. Laura has been teaching the Bible, including scripture memorization, for 17 years to other women and also to her brood of children.

Ms Monica now lives in Canada where she trains Christians to minister through devotional exercise by becoming trained to teach in church and health club environments. WholyFit communicates Laura's passion for exercise and worship , as well as her desire to reach people with the Word of God at a practical level through daily activities.

**"I will boast in my weakness that Christ's power may be evident in me."**