

# WHOLYFIT

"May God himself,  
the God who makes everything holy and whole,  
make you holy and whole, put you together-spirit, soul, and body-  
and keep you fit for the coming of our Master, Jesus Christ."

1 Thessalonians 5:23 (The Message)

## Media Kit

[Video Introduction: Laura Monica, Founder](#)



**WholyFit**  
Christian Fitness  
Bible Based  
Better Than Yoga!

## Press Release

FOR IMMEDIATE RELEASE

### WholyFit Launches New Fitness DVDs

*Description:* a Bible Study in Motion  
WholyFit launches new exercise DVD's

The Woodlands, TX, October 15, 2009 - *WholyFit* Devotional Exercise introduces three new exercise DVD's: *WholyFit Basic Level Movement & Meditations* - first level workout, "SlowFlo" - a Christian alternative to Tai Chi" and "Intermediate Level Movement & Meditations" - second level exercise. These new videos are a welcome addition to the popular "[WholyFit Armor of God](#)" DVD that has been a [best seller on Amazon.com](#) for years.

*WholyFit* is a fitness program that fits into a **busy lifestyle** and also offers stress management and emotional support based on [Biblical principles](#). *WholyFit* provides **all the benefits of Yoga, Pilates and Tai Chi presented from a Biblical worldview**. Videos are self-paced which means *WholyFit* videos are beginner appropriate and also highly beneficial for the elite athlete.

To find out more about *WholyFit*, visit [www.wholyfit.org](http://www.wholyfit.org). They offer subscriptions to weekly and monthly newsletters, online classes and instructor certification. DVD's are published by Deeper Revelation Books. View clips of these DVD's:



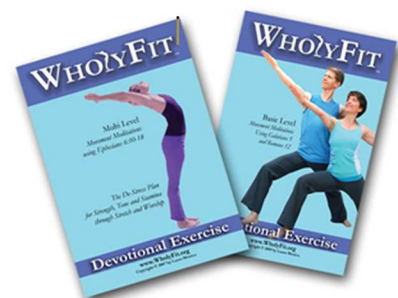
[WholyFit Basics DVD](#)

[WholyFit Intermediate DVD](#)

[WholyFit Multi-Level DVD](#)

[SlowFlo DVD](#)

[WholyFit Store Page](#)



## Credentials

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**Laura Monica, HFS  
--CERTIFIED--  
American College of Sports Medicine**

[\(Read Laura's Bio\)](#)

Laura Monica is the Founder and Executive Director of WholyFit Devotional Exercise, a ministry that she started in her local church, and is **quickly growing** with **over 50 churches** and venues in U.S. and Hawaii, Mexico, Costa Rica, Canada and the U.K. and **over 100 certified instructors**.

Laura has **30 years' experience** as a **certified Personal Trainer**, Group Exercise Instructor and Worship Leader, but she insists that God's deliverance from battles with **depression, chronic illness** and other spiritual battles has proven to be the most valuable training of her life. Laura says, "I will boast in my weaknesses that Christ's power may be made evident."

Invite Laura to speak to your Women's Group on the topics:

- **Biblical Stress Management**
- **Chronic Illness**
- **Depression**



 **WholyFit: Fitness for the Whole You!** 

## Endorsements

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### Mike Shreve:

I deeply appreciate Laura Monica's commitment to offering an alternative to yoga. Before becoming a Christian, I was a student of a... guru and a teacher of Kundalini Yoga at four universities in Florida. I fully understand how the practice of yoga can carry a person into deep spiritual deception. I see **Laura Monica as a Spirit-empowered missionary in a world full of new age ideas**. She offers clarity on issues that desperately need to be addressed with reason, intelligence and compassion. Surely God has brought her into the Kingdom for such a time as this. [www.shreveministries.org/](http://www.shreveministries.org/)

### Testimonials:

**"I used to have arthritis.** Just getting up and down from a chair, about 10 years ago was painful. I used to also have to go to the chiropractor twice a month. But since doing all this strengthening, and stretching I don't have to go to the chiropractor at all, and **I have no arthritis in my hips at all**. I feel like there is more space in my joints, therefore no pain." - M.B The Woodlands, TX

"After exercising so many ways regularly for so many years, WholyFit is the only class I would recommend to anyone that finally connects the mind, body, and soul in one. WholyFit has brought the strengthening, coordination, flexibility, balance, and cardiovascular exercise together without high stress or impact on the body. **It clears the mind and cleanses the soul by giving praise to the Lord in a safe and Christian way.**" - L.M. The Woodlands, TX

"I love Wholyfit because it is **the most fulfilling form of exercise**. It truly is a mind, body, spirit experience and there is nothing else quite like it." - L.N. The Woodlands, TX

### **"WholyFit allows me to be in touch with God through The Holy Spirit..."**

Inwardly, by granting me the fruits of the Spirit (Gal 5:22-24), upwardly, by praying (Rom 8:26), outwardly, by pouring God's love into my heart (Rom 5:5) and by reminding me of the strength I obtain every day through Christ and Christ alone (Phil 4:13)." - L.P. The Woodlands, TX



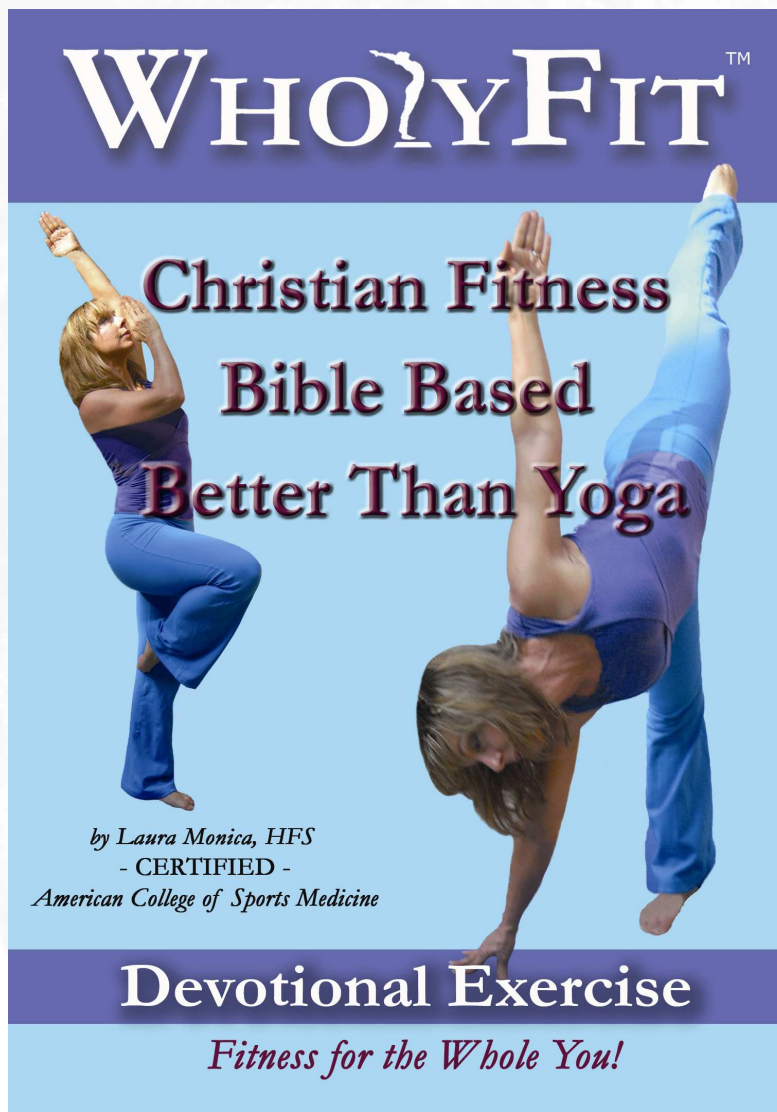
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## The WholyFit Book

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Projected Release Date: January, 2011



[Read a Chapter](#)

## WholyFit Certification Fact Sheet

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### WholyFit's Three Training Principles:

1. **Physical:** Online and in person training of *Safety, Form and Technique* for Layers 1, 2 and 3 that conforms to the American College of Sports Medicine safety guidelines for group exercise.
2. **Mental:** Online *Theory* including two anatomy courses, two WholyFit teachers' manuals, *Teaching Methodology*, business aspects of ministry including *Starting a WholyFit program at your church*.
3. **Spiritual:** In person and online *Ethics of a Biblical Lifestyle* including three devotionals written by Laura Monica. Scripture Memorization is taught during the Warmup of each WholyFit routine. We also maintain community support for your ministry and pray together.



### What Certifications does WholyFit offer?

- **Silver Certification** - WholyFit online instructor program teaches Layer 1 - Stability - and special populations: modifying exercises for individualized needs such as pregnancy, frailty or special needs.
- **Gold Certification** - In-person training with Layers 2 and 3 – Strength & Flexibility
- **Pro Platinum Certification** - 200 hour portfolio documentation

[More Information on WholyFit Certification](#)

## Contact Details

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