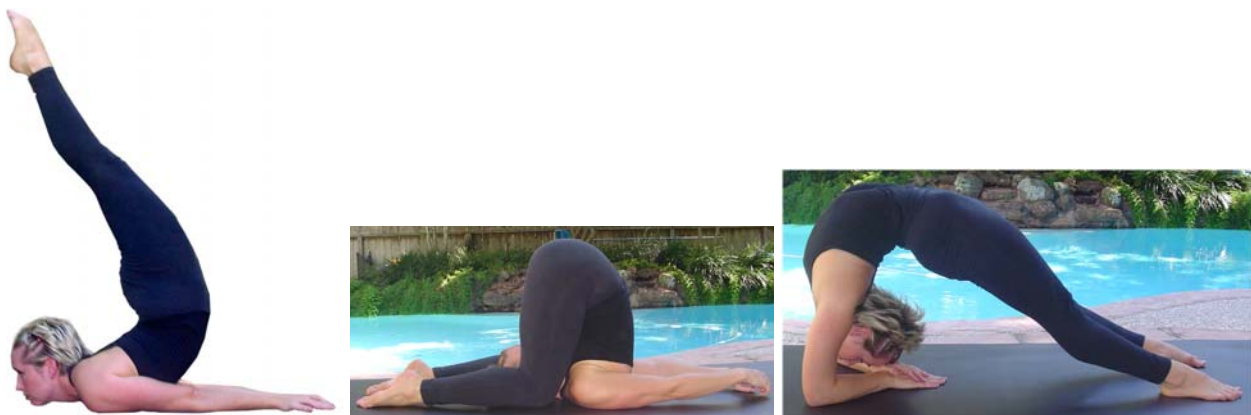


Peace of Mind with WholyFit

Can Yoga harm instead of heal? The latest [SELF magazine article](#) indicates that Yoga may not be as safe as one might expect. Over 4,500 people ended up in the emergency room after yoga injuries in 2006 (according to U.S. Consumer Product Safety Commission) and the incidence is rising.

Churches and gyms in Houston, TX offer [WholyFit](#) as a safe and effective Christian Alternative to Yoga in order to fill the need for exercise that is safe spiritually as well as physically. WholyFit follows the group exercise safety recommendations of the American College of Sports Medicine. Laura Monica, certified ACSM HFI, developed WholyFit based on 25 years of experience in group exercise instruction and personal training.

Laura says, “It’s amazing that basic principles of group exercise safety are often overlooked simply because a class is called ‘Yoga’. Following fitness industry safety guidelines should be standard practice for every type of exercise class. For example, full “Lotus”, “Locust” and “Plough” are contraindicated for the general public, according to the American College of Sports Medicine and the American Council on Exercise. WholyFit instructors are trained to follow accepted fitness industry standards.”



Leah Nelson, co-founder of WholyFit, demonstrates what NOT TO TEACH in a WholyFit class geared for the general population

It’s not just beginners who are injured in Yoga classes. It is the foundational nature of Yoga that is being questioned. Yoga is a system built on ancient religious worship as it’s primary focus, not modern fitness guidelines. Jeffrey Halbrecht, M.D., medical director for the Institute for Arthroscopy and Sports Medicine in San Francisco says, “And it’s not only those in the recent wave of newbies who are getting hurt. I’ve treated more experienced yogis than rookies.”

So what’s the Difference between WholyFit and Yoga? A typical warm-up cycle is not included in most yoga classes. WholyFit offers a ten to fifteen minute warm-up to prepare the

muscles for advanced flexing and stretching postures. It is of the utmost importance to gradually ready the body before doing advanced stretching of all muscles. This is a protection against injuries and a provision for peace of mind that the body is properly prepared for a great workout.

“Teaching flexibility takes an understanding of how God designed the human body to move. Flexibility requires stability and strength first so it’s not just a simple matter of stretching.” – Laura Monica

1. Yoga’s traditional postures are sometimes not questioned as to their safety versus benefit ratio. In other words, couldn’t the same benefits be accomplished in a safer way? Yes! HolyFit certification trains instructors to offer exercises that are both safe and effective. HolyFit Classes offer different levels of intensity for the beginner and the advanced so all can work the same format together. No one is ever left behind. HolyFit Personal training is also offered with cutting edge techniques.



Laura Monica and Leah Nelson demonstrate exercises that are not taught in HolyFit classes without modifications being offered.

2. There are many different types of Yoga classes and certifications are varied and random. HolyFit offers a definite format while producing an awesome cardiovascular benefit. HolyFit routines are memorized by instructors so that sequencing is great every time and there is always a continuous flow of new routines. The health and beauty of the human body begins to emerge as fitness goals are achieved.

3. The classical yoga meditation demonstrates dangerous religious practices for both spiritual and physical purposes. Meditation on God’s Word is practiced during HolyFit routines. This kind of meditation brings a spirit of peace to the mind while reflecting upon the goodness of God and how fearfully and wonderfully the human body is made. The mind is able to grasp the connection to the body and therefore a clear understanding is obtainable.

You will keep him in perfect peace whose mind is stayed on You, because he trusts in You. Isaiah 26:3

One of the wonderful aspects about practicing WholyFit routines is the memorization of scripture verses from The Bible. The above scripture is just one of God's many promises about giving us peace of mind. When one practices yoga there is a false sense of peace that wanes.

“There are no Yoga agencies that offer extensive training without the presence of anti-biblical philosophies.” Laura says. “The Yoga Alliance requires that ALL certification organizations see to it that trainee instructors study AND PRACTICE a Yogic lifestyle. Of course, Christians would have to violate their Christian lifestyle to become a Yogi. This is why I felt the Lord leading me to begin offering WholyFit certification.” For more information about certification, contact us at wholyfit@live.com or complete the contact form in our website.

Beginners and advanced students looking for a safe place to exercise without compromising biblical faith will find WholyFit a true God send. WholyFit classes offer a warm atmosphere of love and acceptance. WholyFit has been designed to change a person from the inside out with the end results being that God Himself, Who makes everything holy and whole will put you together, spirit, soul and body making you completely fit for the coming of our returning King and Master, Jesus Christ. [Come join us for a](#) life changing experience. You can find classes or certification information at www.wholyfit.org. We hope to see you soon!

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