

WHOLYFIT™



Devotional Exercise - Fitness for the Whole You!

B O D Y - S O U L - S P I R I T

Credibility



WholyFit was founded by multiply certified fitness expert and worship leader, Laura Monica, offering over 30 years of experience as a fitness professional and Christian leader.

Certification

Start certification online from your home! (Silver Certification)
Finish Certification in person at Retreat! (Gold Certification)



Effective

WholyFit Devotional Exercise is a powerfully healthful multi-level Christian mind-body exercise system appropriate for anyone from beginner to advanced exerciser, ideal for fitness program startup at churches as a ministry outreach / care-group.



Scripture Memorization, Worship & Prayer

Get trained to offer a true mind-body fitness system for body & soul.

Professional

WholyFit Silver & Gold Certification is high quality, professional training which will equip you to teach WholyFit. Training includes anatomy, kinesiology, technique, safety, spiritual leadership, how to teach group exercise. & more.

Eternal Value

WholyFit is a ministry raising up and equipping Christian Fitness Professionals in order to build up the Body of Christ; to heal, to enliven by pointing people to Jesus Christ the



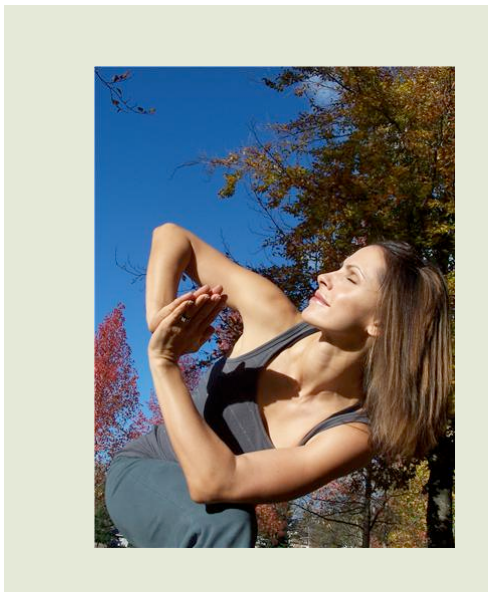
Healer.

Q U I E T H E A R T



WholyFit Devotional Exercise

WholyFit is a fun and meaningful fitness system incorporating Scripture memorization, prayer and worship for a truly biblical mind-body experience. WholyFit is gentle, multi-level, healthful, prevents injury and will give you more energy, stamina, endurance, strength and even has cardio benefits. This worshipful Christian mind-body fitness class teaches biblical meditation on Scripture for true fitness of body, soul and spirit. Wholeness, holiness and spiritual fitness is available only through the saving grace of Jesus, founded on the ultimate authority of the Word of God.



“I thank God just about daily for WholyFit. You can’t believe the ministry it’s been to me and how it keeps growing...”

— Crystal, WholyFit Mentor Instructor

How to Start

Register for WholyFit Silver Certification by mail using the registration form enclosed, or online. Need help? Contact Laura or Pam at wholyfit@live.com. Submit the instructor application which is your agreement to WholyFit unity values. Register for WholyFit Gold Certification at Retreat. Register for both Silver and Gold at the same time and \$AVE!

Join a Community

WholyFit is not just a certification organization; We are also a fellowship of like-minded Christ followers committed to supporting each other in the fitness ministry God has called each of us to. We help you with a pre-predesigned 6 month roll out program providing all marketing materials, and printing. We stay in community, pray together and encourage each other. We are ministering in the Last Days. The Harvest is ready and waiting.



If yoga doesn't fit your faith, don't force it.



WHOLYFIT™

a better FIT for Bible Believers



Mentor Trainer will work with you in person, through photocoaching which works as well as "in person" technique coaching! Home Study consists of reading 2 WholyFit Teachers Manuals, studying 2 Anatomy for WholyFit programs, homework, practice and online webinars. and reference texts. Allow 40 hours of study in addition to 25 workout hours. There is a live orientation and three live online sessions, each of which are 1 hour, and are scheduled at the convenience of your study group.



Your Materials for Certification

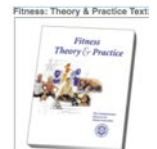
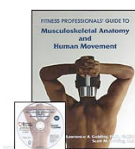
Each webinar session starts with an instructional video. Just click the video, watch it, then download the accompanying materials right from the same screen.

During the first orientation meeting you will be instructed in how to use the course platform to take the 14 online sessions and download all materials. You will also be directed in how to obtain the following reference materials:

Additional Reference Texts.

"AFAA Fitness Theory and Practice"

"Fitness Professionals' Guide to Musculoskeletal Anatomy & Human Movement"



**See you online!
Literally!**

Study at Home

You don't need to compromise your faith by going to yoga certification. Get the best mind-body training around! Get certified in WholyFit - from the comfort of your own home! It's a more natural approach for Bible believers. You don't need any special software: just your home computer and internet. If you don't have internet at home, that's ok! You can use the offline player!

Silver certification will teach you fitness theory and practice and this knowledge can be applied to personal training or any type of group exercise class. You will learn anatomy, fitness theory and practice, hands-on technique and safety. (See syllabus on wholyfit.com.) Physical training is focused on the postures of WholyFit Devotional Exercise. You will demonstrate WholyFit Layer 1 exercises online during WholyFit's exciting online training technique called "photo-coaching" which is unique to WholyFit certification alone. Pam Collins,

What's Next?

After Certification

Join the team of WholyFit instructors for coaching, personal help and ongoing encouragement as well as practical help with marketing materials, class rollout and everything you need to be successful in fitness ministry.

WholyFit is a class, a certification organization and after certification it functions as a para-church fellowship of like-minded Christian fitness professionals.

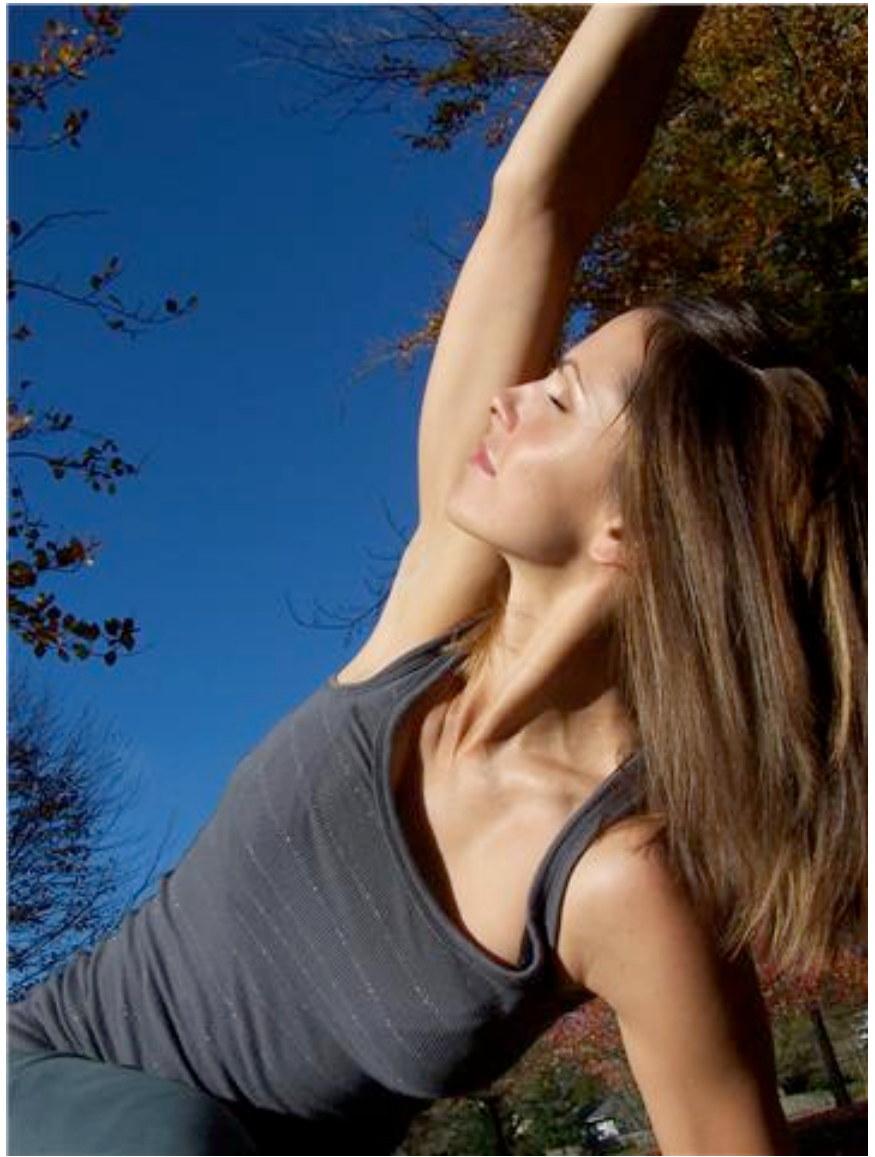
There is a Place for You. We look forward to seeing you use own personal gifts and talents as we serve the Lord through WholyFit.

Get a Coach, Be a Coach

It's tough out there! Ministry is difficult and we need each other. After Gold Retreat each WholyFit instructor gets a coach to help them plug in to the WholyFit fellowship. Please volunteer to be a coach and help others stay in ministry. Coaches meet with WholyFit corporate once a month and relay communications to the instructors that they pastor.

Stay Certified.

Every fitness professional who follows industry standard is diligent to renew their fitness certification every 2 years. Subscribe to WholyFit professional re-certification and you will receive 4 new routines in Devotional Exercise every 2 years and thereby maintain your WholyFit certification. (New routines are also available individually at any time for small fee.) Only WholyFit instructors have access to WholyFit routines and that is what keeps WholyFit unique! Each new exercise routine features a different "Scripture Script" for memorization through exercise. Training is offered by video and also live online with Laura Monica, WholyFit founder. Routines save instructors time and energy because they have been researched and tested in the actual health club environment as well as the church fitness environment for your instant success!



Fitness Pros for Christ

Once you subscribe to WholyFit re-certification for only \$100 every 2 years, you become a member of Fitness Pros for Christ Fellowship, a team community of WholyFit instructors sharing resources, ongoing training, support and communication.

Some benefits include:

- Access to more WholyFit re-certification, routines and exercises
- Your own web page on www.wholyfitclass.com (fitnessprosforChrist.com) for ongoing worldwide advertisement for you and your class
- Your email address yourname@wholyfit.com
- Your own blog to communicate with your class members
- Online workouts for you with Laura Monica
- Continuing Education
- Christian fitness program consultation
- Class printing supplies (templates) including legal releases
- Help with Social networking
- Professionally designed marketing materials like business cards and brochures, etc... at a 25% discount!

There's More! Fusion Classes...

Different genres of exercise provide cross training and can be mixed with WholyFit to create new and original class formats.

ADORE Worship Dance.

SloFlo Christian Alternative to Tai Chi

CA.D.E.nce Cardio Dance Exercise

A.R.T. sAerobic Resistance Training (Body Sculpting with weights and bands)

Kataflo High Intensity Interval Training through authentic Martial Arts exercises

Soul to Sole Prayer partner walking program



Meditation on Scripture for strong roots

WHOLYFIT INSTRUCTOR TRAINING

WholyFit Devotional Exercise

Professional mind-body fitness presented from a Biblically Christian worldview.

www.wholyfit.com



www.wholyfitclass.com



WHOLYFIT

FITNESS FOR THE WHOLE YOU!

WholyFit Retreat

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