



Faithful in Training >>> FiT for the Mission

Championing Longevity in Ministry is our heartbeat.

MissionFiT is a holistic wellness ministry that exists to get followers of Christ Faithful in Training so they can be FiT for the mission the Lord has laid before them. When it comes to health, we believe in a 5 fold fitness approach: Physical, Mental, Emotional, Spiritual, and Social. We have several different initiatives in which we serve. These days, stress and poor health often get in the way of our ability to fulfill and thrive in our calling. We aspire to be the most effective organization at training God's followers to be good and faithful stewards of their temple.

MissionFiT is an IRS approved non-profit 501c3 organization.

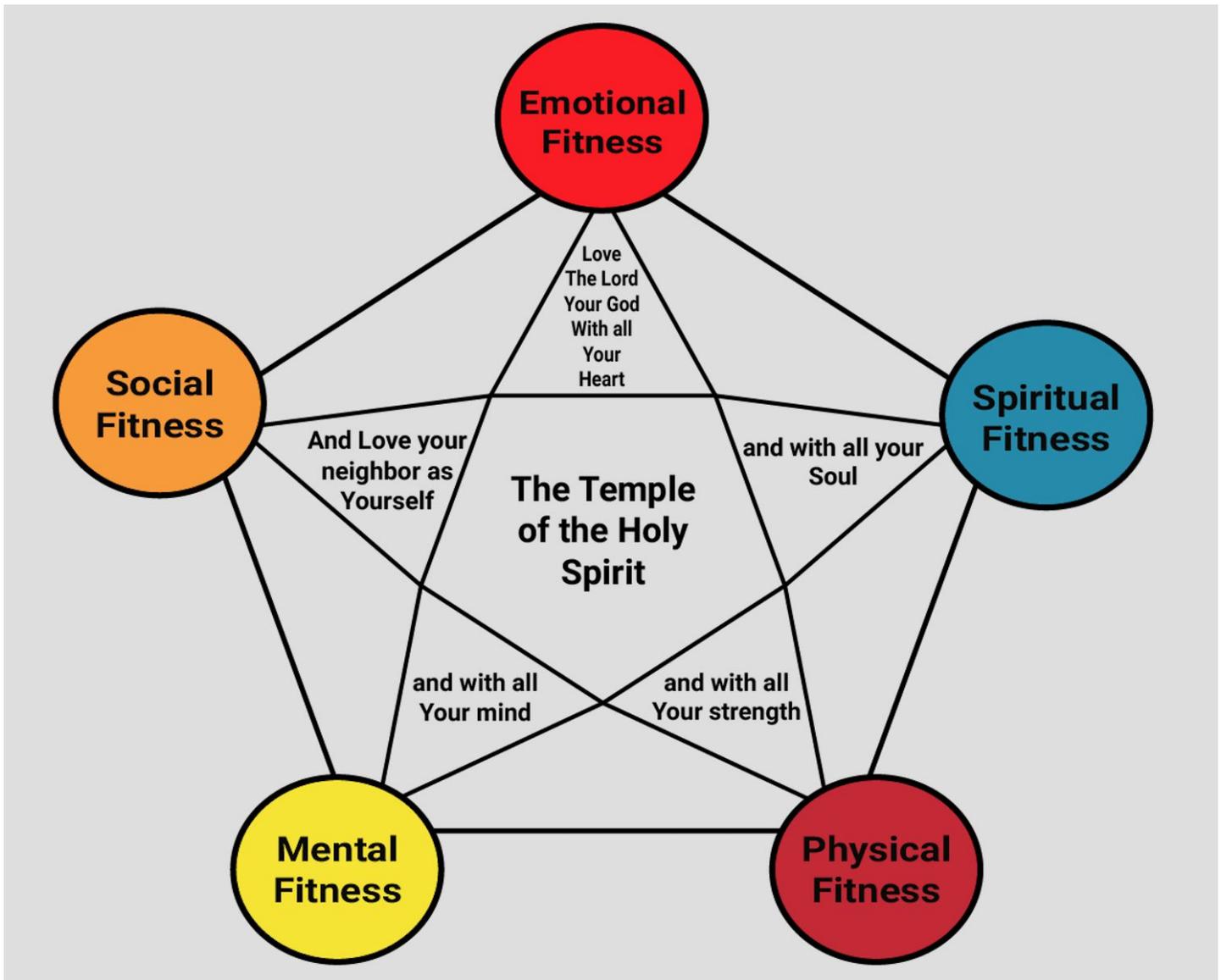
www.missionfitlife.com

5 Fold FiTness = Total Temple Health

By Design We are Intricately Connected

We are so intricately connected that neglecting to steward one area of health can create a domino effect on total temple health. For example, an event or disease affecting the body must also affect the mind, the soul and the spirit. An event or disease that affects the mind must also affect the body, the soul and the spirit, etc. We are whole human beings and our component parts, while seeming unrelated, are intimately connected. True “health” can only occur when a person’s physical, emotional, mental, spiritual and social health are addressed and on point.

“The mind and body communicate constantly. What the mind thinks, perceives, and experiences is sent from our brain to the rest of the body.” Herbert Benson, M.D., The Benson
– Henson Institute for Mind Body Medicine



Our Initiatives

Church Staff Teams ◆ Individual Followers of Christ ◆ Church Small Groups ◆ Corporate Wellness
 Christian School Staff ◆ Non-Profits ◆ Missionaries ◆ MissionFiT University (3 yr.-College)
 Teaching Tours Training

Church Staff Teams, Corporate Wellness (Non-Profits & For Profits), Christian School Staff Teams:

The MissionFiT experience for organizations is designed to educate, encourage and equip groups with a holistic approach to wellbeing by creating an organizational culture of health. Build the bond between your team. You work together. You pray together. Well, start training together too! Our 5 fold fitness model extends beyond traditional programs cultivating healthy habits from a biblical perspective. And from a corporate standpoint, it increases productivity, optimizes human resource investments and boosts employee engagement.

Church Small Groups:



LEADERFIT CHALLENGE
Challenge & Culture



MISSIONFIT
Intentional Community & Accountability

MissionFiT Athlete Experience
101 Course - ReStart Your Heart



Course Objectives

✓ To include God in all that we do, even our health journey. To learn what the Bible has to say about wellness.

✓ To teach athletes the building blocks of a healthy temple. Spiritual Fitness, Hydration, Sleep, Stress Management, Nutrition, Physical Fitness, Community, Mental Fitness, Emotional Fitness.

✓ Then use those building blocks to engage in a balanced approach to strengthening their individual temple so they can be a strong team player.

✓ To help athletes recognize the counter-productive nature of the lifestyle most Christian leaders are living.

✓ To provide a safe space experience for leaders. Weaknesses will come out. We all have them. But we will learn to battle-plan and support one another in getting well.

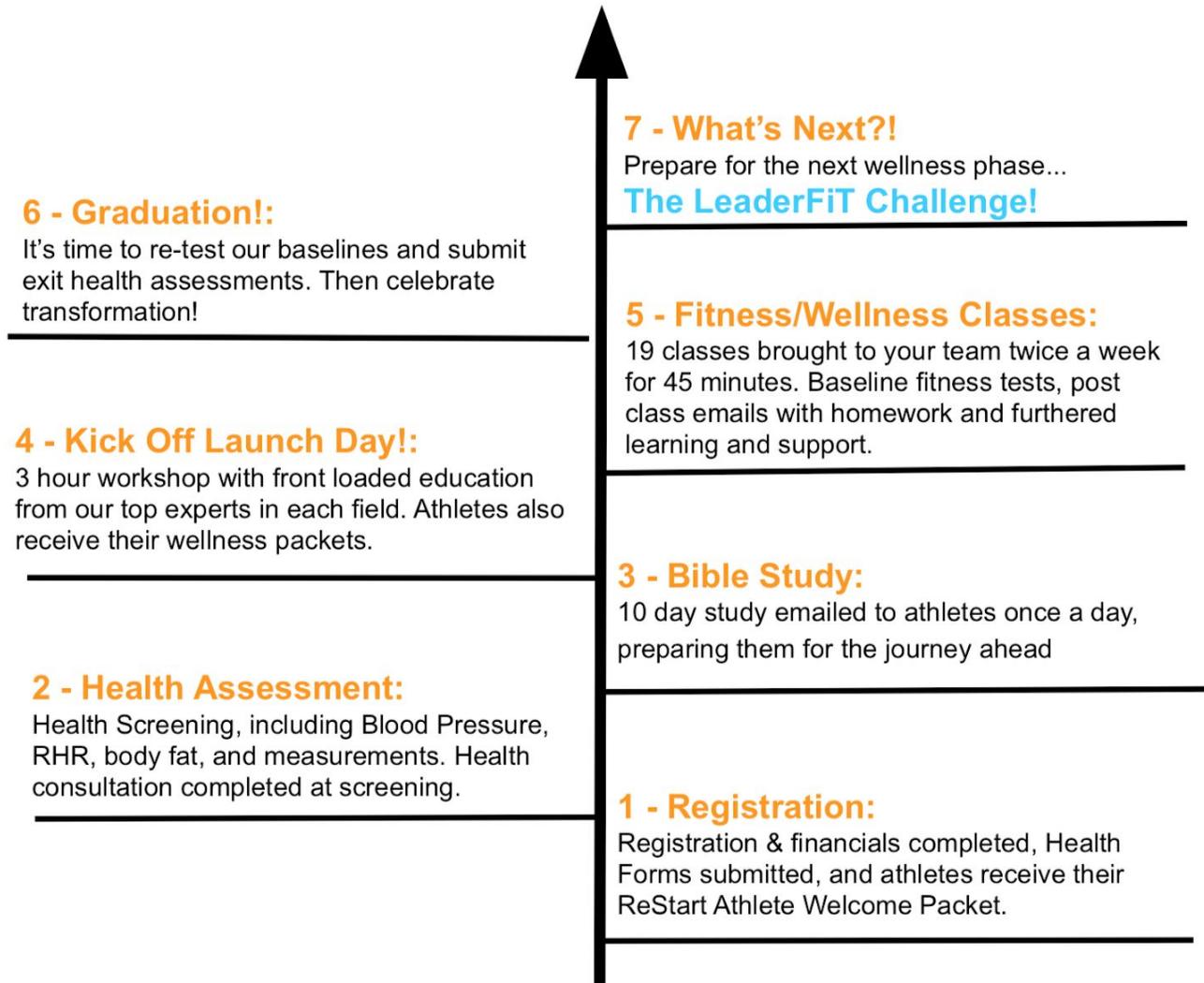
✓ To encourage athletes to live “above reproach” in the way of wellness too.

#activeworship In a leadership position, they have a lot of influence - let's make it a healthy one. Excessive drinking has bad effects on the temple. So does poor nutrition, sleep habits, lack of stress management, lack of physical and spiritual fitness, etc.

✓ To involve athlete spouses in the experience so that they can be a part of the transformation process. It's a family decision to change and adapt healthy habits. Everyone must be on board.

✓ To see and experience transformation through capturing before and after health metrics. This provides motivation and hope for the journey ahead. The journey will be tough. The journey will be long. But NEVER give up!

ReStart Your Heart Athlete Track



ReStart Your Heart Milestones

MileStone 1: Registration

Commitment letter signed, financials completed, and Health Forms submitted. Once this is complete, athletes receive their 'ReStart Athlete Welcome Packet' with important dates and details.

MileStone 2: Health Screening Day

We partner with Novant Health for our Health Screenings. At the health screening, we gather a large amount of data:

- Measurements
- Body weight
- Body fat
- Lean muscle mass
- Impedance (hydration)
- Resting Heart Rate
- Respirations
- Blood Pressure
- UNFASTED Total cholesterol, HDL, LDL, Triglycerides, and blood glucose
- Mobility screening

MileStone 3: 1 with 1 Initial Health Awareness Session

Once the health screenings are complete, our staff reviews them and holds an individual health call with each athlete. We share a summary overview, if you will, of where their temple is sitting “today”. Discussed: injuries or sensitivities that we need to be conscious of in classes as well as how we will work to rehab that. Additionally, any red flag health/wellness habits we find and how we will be working to improve those.

MileStone 4: 10 Day Bible Study

Just as worship prepares our hearts to receive a good message, and tilling the soil readies it to receive seed, this bible study is designed to prepare your heart for the 12 weeks of commitment ahead of you. It will help to prepare your spirit, get your head in the game and to the importance of carving out time in your busy schedules for yourselves. There’s so much to do, but don’t forget about YOU!

MileStone 5: Kick Off Launch Day Workshop!

Our Launch Day Workshop is a 6 hour kickoff with front loaded education from our experts in the field. WE HIGHLY ENCOURAGE SPOUSES TO JOIN AT THE EVENT! To expect:

- Receive athlete wellness packs (Fuel Manual, Playbook, fitness equipment, etc.)
- Welcome to MissionFiT
- Tune Up Mobility
- What’s Your Why?
- Flexibility & Stability
- Stress Management
- Movement - Begin the basics in learning bodyweight movement which prepares the body for weighted movement
- Overview of Wellness/Nutrition - Topics to include:
 - The Bible & Wellness, Stress and how it affects our body, Food is Medicine, Genes do not define you, Changing Taste buds, Hydration, Workout Recovery Nutrition, How stress affects the gut, Adaptogens, Gut Health 101, How food affects the gut, God-made food vs. Man-made food, The Big No’s, The Yes’s - 3 Macronutrients, Balancing Macros, Counting

- Macros, Fasting, Travel Eating & Alcohol, Vitamins.
- Faith & Health Connection with Dale Fletcher
- Meditation & Stress Breathing
- What's Best Next

MileStone 6: Twice a week small group fitness/wellness classes (19 classes)

Our ReStart classes are all fifty minutes in duration. Our athletes in training learn how to safely move their body weight in space, eventually building onto that with weight bearing movements both functional and supportive muscle training. Metabolic conditioning (cardio) is a regular piece to the puzzle as well. All movements and workouts are modified to the individual athlete's abilities.

The flow to classes is as follows:

- Mobility/Heart-N-Soul (Daily Devo)/Announcements
- Flexibility
- Stability
- Warm-Up
- Learn today's movements
- Workout
- Cool down
- Wellness Implementation

*Post class we send an email titled "The Wrap Up"; a recap from the day's class, including that day's new movement videos, physiology on the muscles worked, the Heart-N-Soul with 'digging deeper' questions, spiritual fitness training from partner Dale Fletcher of Faith & Health Connection, Inspire videos from other FiT pastors around the city, as well as wellness implementation coaching.

NOTE: The Spiritual Fitness training will be delivered by short videos on most weeks. You'll be asked to watch the videos outside of our class time and then reflect on how the content applies to your own life. You are encouraged to capture what God reveals to you concerning your Spiritual Fitness over the course of the program on a Whole Person Health Worksheet.

MileStone 7: Graduation

This is a time to celebrate! We re-test our baselines. It's exciting to see transformation right before your very eyes. "Athletes in training" become "athletes", now proficient in body weight and weighted movement. A little pomp and circumstance with their FiT diploma, athlete t-shirt and graduate speech, athletes are ready for the next phase of wellness.

MileStone 8: Health Re-Assessment

Health Packet completed and a progress report with ten minute scheduled call is completed in review of the athlete's experience.

MileStone 9: What's Next

Learn about what's next....The LeaderFiT Challenge!

MissionFiT Athlete Experience 201 Course - The LeaderFiT Challenge



Course Objectives

✓ To include God in all that we do, even our health journey. To challenge to put into practice what the Bible says about wellness.

✓ Now that we've created strong team players, let's start playing as a TEAM.

✓ To build camaraderie within the staff. Camaraderie is mutual trust and friendship among people who spend a lot of time together.

✓ To challenge athletes to put their new found education to the test in a wellness challenge format with prizes to be won. There's psychology in positive reinforcement. And ultimately healthy habits are created and stick. Motivation got them started, but habit keeps them going.

✓ To continue strengthening their building blocks of a healthy temple.

✓ To build confidence within each athlete

✓ To teach athletes mental fitness tools to push their capacity in fitness class, but then learn how to apply those same tools off the mat.

✓ To educate and battle-plan against pastoral burnout through ministry failure prevention training.

✓ To involve athlete spouses in the experience so that they can be a part of the transformation process. The best support is that within the home.

✓ To provide a safe space experience for leaders through learning to lean on one another within the wellness space. We utilize the last part of each class to battle-plan as a team for a different athlete's toughest area of wellness each time.

✓ Learn, understand, value and utilize the uniqueness of each team player on and off the mat. We heavily utilize the Enneagram for this and bring in specialists to teach the depth.

✓ Continue to see growth and transformation through capturing before and after health metrics but learn how to have fun on the journey!

✓ Generate a culture of wellness.



LeaderFiT Milestones

MileStone 1: Registration

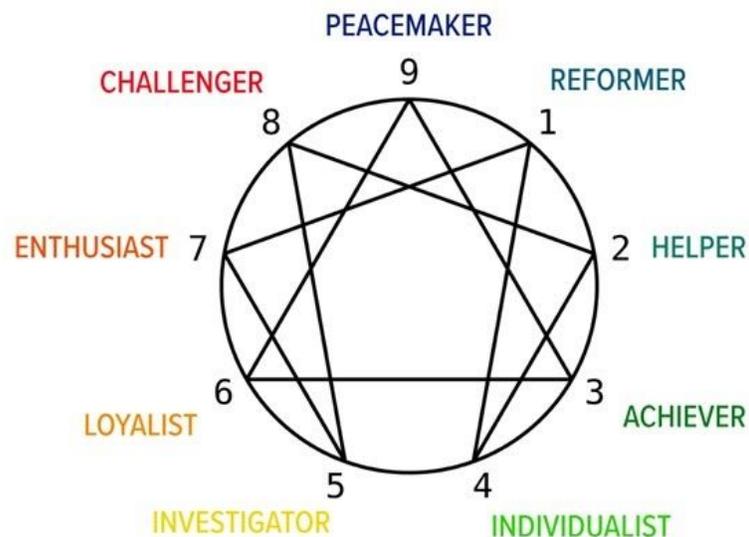
Commitment letter signed, financials completed, and athletes receive their LeaderFiT Onboarding Packet

MileStone 2: Enneagram

We use the Enneagram as a tool for digging deeper into emotional health. While there are many “personality tests” out there, we have chosen the Enneagram because it digs deeper into the why’s and the motives behind what our personality is. Additionally, there is a tremendous amount of support

to do this from a Christian perspective. At the beginning of the quarter, you will receive a link with a passcode to take the assessment for free. Through the course we will continue to unpack your number.

Athletes will take The Riso-Hudson Enneagram Type Indicator and continue to process and unpack their number throughout the course. The Riso-Hudson Enneagram Type Indicator is the world's most popular Enneagram-based test. It is a scientifically validated, forced-choice personality test with 144 paired statements. The test takes about 40 minutes to complete. Rather than just indicating your basic type, the RHETI® produces a full personality profile across all nine types. This provides you with a unique portrait, indicating the relative strengths and weaknesses of the nine types within your overall personality. While this is helpful for individuals to learn more about their unique temple from a practical standpoint, it offers as a more powerful tool for Christ followers. It identifies the sin tendencies of the nine basic personality types, each of which are numbered. We identify that one major sin or temptation that informs and motivates our behavior and outlook on life. We are then better able to die to the sinful parts of our personality and live out our God-given gifts and uniqueness. With this awareness, we can begin to break free from the sin of putting our values and self-worth in something, or someone, other than God.



MileStone 3: Baseline Fitness Testing

Rather than just 1 workout tested and retested, in our 201 course, we have 5 different fitness tests.

MileStone 4: Tracking Challenge

Track nutrition and other wellness components in the wellness challenge.

MileStone 5: Twice a week small group fitness/wellness classes (20 classes)

Our LeaderFiT classes are all 45 minutes in duration. The flow to classes is as follows:

- Mobility/Heart-N-Soul (Daily Devo)/Announcements
- Flexibility/Stability/Warm-Up

- Workout
- Cool down
- Community Wellness Building - Every workout, we name an “Athlete of the Day.”

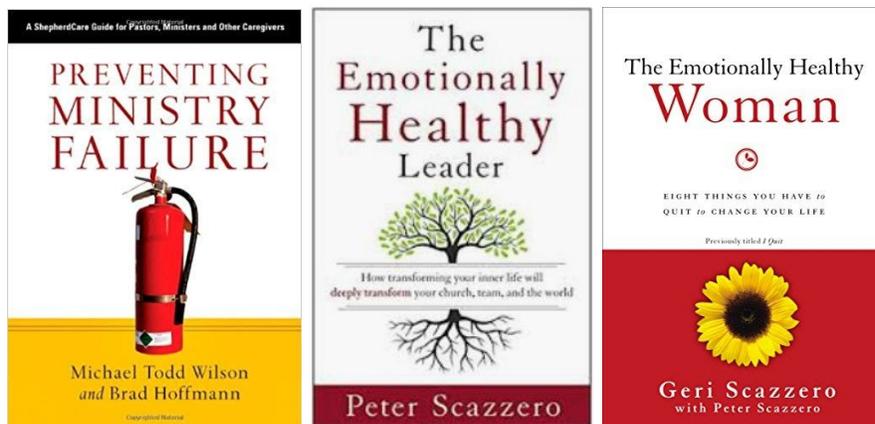
The chosen athlete wins group support in the form of a plan to address the athlete’s most troubling “wellness” problem. Spot reducing might not give one a six-pack, but you can bet group support and encouragement goes a long way to achieve individual goals as well as build community.

Post class we send an email titled “The Wrap Up”; a recap from the day’s class, including the workout, Heart-N-Soul, reading Homework assignment, and additional mental/emotional training. A Third endurance focused workout is provided for the weekend.



MileStone 6: Books

Digging deeper into stewarding mental and emotional health from a spiritual perspective, our athletes go through a book. “A days” are reading days and “B days” are question processing days. For Pastors, we progress through the “Preventing Ministry Failure” workbook by Michael Todd Wilson and Brad Hoffmann. For the men, we progress through Peter Scazzerro’s “Emotionally Healthy Leader”. For the ladies, we progress through Geri and Peter Scazzerro’s, “The Emotionally Healthy Woman”.



MileStone 7: Re-Baselining

It’s time to re-test our baselines to assess progress!

MileStone 8: The Amazing G-Race!

The Amazing G-race is the big team event everyone awaits at the end of the LeaderFIT

Challenge. A combination feel of a ruck event, combine, obstacle race, fitness challenge, and elementary school field day event, while testing the 10 general physical skills and serving our city...with a little bible trivia built in for fun. ;) Multiple fitness level versions are available making this event commensurate for all athletes.



MileStone 9: Health Re-Screening Day

At the health screening, our team arrives on site to gather data again such as: receive health forms that were emailed to the athletes, body weight, body fat, Resting Heart Rate, Respirations, and Blood Pressure. Testing pre and post is always necessary to celebrate Change.



MileStone 10: Prepare for what's next, becoming an official [MissionFIT Community!](#)

MissionFIT Athlete Experience

301 Course - MissionFiT Community



Remain on the journey and stay FiT for life! Now in Phase 3, as a **MissionFiT community, we the focus on using fitness and wellness as a platform for team building.**

On a Weekly Basis Expect:

- 2-3x a week small group fitness class like always.
 - A Weekly Email with furthered learning.
- Wodify Account to see 8 workouts per week + track your workouts

On a Monthly Basis Expect:

- Special Class Event
- Invite to MissionFiT Special Event

On a Quarterly Basis Expect:

- 1 Health Coaching Session
- Personal Goal Setting and Reviews
- Weekly Accountability on those goals

On a Yearly Basis Expect:

- Health Screening

On an As Needed Basis Expect:

- Your coach to come alongside you in your wellness struggles.
- Specific track options to dig deeper into areas of 5 Fold Fitness

† † † Community Creates Consistency † † †

Our community is a vital component of what we call MissionFiT.

A strong community benefits the individuals within the specific class community and church leadership as a whole. All of us who feel a sense of belonging tend to lead happier and healthier lives, and a strong community creates a more stable and supportive organization. Our current society is moving at a fast and detached manner due to technology, busy schedules and the frequency at which we change jobs and home locations. It is much harder to feel any sense of community in our culture nowadays, even if your community *is* the church. For more senior leadership positions, it also can be easy to become isolated and isolation tends to beget a sense of loneliness and depression. Being a part of a community promotes mental health and, according to Psychologists Smith and Segal, *"People who are emotionally and mentally healthy...due to involvement in a community... have the tools for coping with difficult situations and maintaining a positive outlook in which also remain focused, flexible, and creative in bad times as well as good."*

Our community begins with fitness and grows with friendships. There is something special about meeting everyday at the same place with the same people and getting through a tough workout.

Grinding through reps, lifting weights you never thought you could and pushing through your pain barrier leads to a better version of you. Rep after rep, heavy breath after heavy breath, no time to think of anything else but giving this workout everything you have - Oh the struggle is real!!! This is the time where your barriers are broken down, your ego is stripped away and you're at your rawest. In the depth of your struggle you start to hear that little voice inside your head telling you to quit, but you can't, you won't!

Then, between the sweaty bodies and kettlebells, you lock eyes with fellow leader and mid workout, you suddenly get this sounding relief that you are not alone. They are pushing just as hard as you are and with a simple glance you both feel relief mixed with motivation as you both start to push each other. It is in this moment of pain mixed with enjoyment, that you feel the depth of true camaraderie. It's this feeling that somehow makes you dig deeper and go further past your limits. The importance of social support is that it provides motivation. When we're tired and are struggling to complete a workout we begin to doubt our ability to finish. Encouragement from others gives us the belief that we can do it!

Before you know it, the workout you thought you would never finish has come to an end. You bring it in for "3-2-1-FiT" and celebrate a job well done! This relationship we develop during and after an intense workout is one of a kind.

The support of the community even affects us physiologically, changing the hormones in our bodies. Research at Oxford University found that working out in a group resulted in a greater release of endorphins than when working out alone, even when the same amount of work was done. Endorphins are chemicals in the brain that create a sense of excitement, exhilaration and happiness. The release of endorphins is what causes that high you feel when you finish a workout; sometimes known as a "runner's high".

The true beauty is that classes consist of all kinds of people from the most senior leaders to admin support staff to janitorial staff. From a young pastor just starting his career, who has all the energy in the world, to others verging on retirement. However, we now have another way to connect outside the office. As brothers and sisters in Christ, we will always have a deep bond, but that doesn't always provide opportunity for doing life together and growing a friendship outside the office. The pursuit to be better and a drive to push ourselves and each other further provides that opportunity to build relationships with your teammates in something other than documents and emails. We find comfort in talking about the struggles and wins we endure during these crazy workouts, and along the way we find ourselves calling these people our family.

We all start our wellness journey because we want to become strong and healthy on our own. Suddenly we find the motivation to get us to the mat is not only the pursuit of fitness but because we don't want to let each other down.

Our Scorecard

Scorecard:	2015 ReStart (Beta)	2016 ReStart (Beta)	2017 ReStart	2018 ReStart	2019 ReStart - LeaderFiT
# of Christian Leader Athletes	4	6	22	43	50
Mobility Screening (we use the Functional Movement Screening Test)	100%	95%	98%	100%	100%
Workout Improvement (including the 12 general physical skills - these are measurable workouts via time, reps, rounds, etc.)	100%	100%	100%	100%	100%
Average time dropped on ReStart Baseline Workout				4 ½ minutes	4 ¾ minutes
Experienced Weight Loss	100%	100%	100%	100%	100%
Average pounds lost during the program	7.5#	8#	7#	7.5#	8#
Muscle Gain (body fat testing machine)	Not tracking yet	Not tracking yet	Not tracking yet	2.25#	2.5#
Average Body Fat Percentage Lost (body fat testing machine)	Not tracking yet	Not tracking yet	Not tracking yet	1.8% fat loss	2%
Average Pounds of Fat lost (body fat testing machine)	Not tracking yet	Not tracking yet	Not tracking yet	5.56#	6.2#
Energy improvement to some degree	100%	100%	100%	100%	100%
Stress Reduction to some degree	100%	100%	100%	100%	100%
Improved Daily Hydration (Ounces of	100%	100%	100%	100%	100%

water consuming)					
Improved Sleep Quality (general health questionnaire 1-5 scale in addition to sleep app on phone)	100%	100%	98%	92%	97%
Reached Personal Goals Set	100%	100%	100%	100%	100%
Lasting Change (goals and good wellness practices continued to date)	100%	100%	100%	100%	100%
Resting Heart Rate	Not tracking yet	Not tracking yet	Not tracking yet	100% reduced to safe range	100% reduced
Blood Pressure	Not tracking yet	Not tracking yet	Not tracking yet	100% reduced to safe range	94% reduced to safe range that were not previously in safe range
Respirations	Not tracking yet	Not tracking yet	Not tracking yet	100% reduced to safe range	100% reduced to safe range

Success Stories

Matthew Thomas, Reboot Ministry Leader :

"I've realized Health is like time and money: if you don't manage them, they will manage you. Like most leaders, I tend to put everything else first. I now put my health and well-being FIRST, and realize the healthier I become, the healthier other parts of my life have become, especially my marriage." Nov 2017

Brian Duley, Nikao Church Senior Pastor:

"MissionFiT was instrumental in providing me with some very important take-aways. My wholeness is connected to my wellness. That it's not enough to steward my time, talent, & treasure well; but also steward my temple well. That self-care & fitness isn't selfish, but one of the best gifts I can give my family, church & God." Mar 2018

Nic Schrieber, Church at Charlotte Pastor:

"We need to train our bodies in such a way that we have the energy, self-control and clarity of focus so that we can be faithful to live for the Gospel as long as we are permitted by God to live. MissionFiT's not just a wellness program, but about patterns and perspective shifts that will work to encourage your spirit, train your body for many more years of faithful ministry, and give you some camaraderie for the journey!" Apr 2018

John Martyn, Missionary:

"I've grown in my confidence with overcoming obstacles, which has helped me in my fight against sin." Oct 2016

Debbie Bishop, Bolivia's Best Ministry Leader:

"Six months ago, my total cholesterol triglycerides were high. I told my doctor to give me 6 months to see if I could make a difference. Exercise made all the difference, but when you add eating well & vitamins, you have the whole package & can't help but succeed. Thanks MissionFiT for the role you played in my return to health." Jan 2017

Ken Schmidt, Church at Charlotte Pastor:

"As I become more disciplined in personal fitness, I see my overall work ethic, attitude, productivity and spiritual and mental health benefit. God created us as whole beings, not compartmentalized beings." Feb 2017

Jeremy Amick, Carmel Baptist Church Pastor:

"I began this journey out of conviction. I have enjoyed good health and fitness in the past. While I may not ever get back to the speed, agility, and stamina I had as an 18 year old, I can carry a lighter burden by making wise health choices and relieving stress through exercise not candy bars and Cherry Coke." Feb 2018

Shane Ardner:

"I really needed that conversation today. It's been so long since anyone has gotten on my health and exercise and called me out on my bad habits." Aug 2017

Anonymous:

"Thanks for your investment in me and my family and getting me back on the right track health wise. Also, huge encouragement I have officially been off any anxiety medication for almost 2 months now and I am feeling pretty good. That is in large part due to the work of the Lord and exercise and eating better to take care of my gut. So Thank You!" Sept 2018

Anonymous:

*On Friday afternoon, I took my kids to the playground. My older boys asked me to play tag with them. One month ago, I would have said "no" because I would have been too tired and too out of shape to chase them. But Friday I **wanted** to play. I spent 30 minutes running around the playground in an intense game of freeze tag. And it felt good (except the part where it took me 10 minutes to finally catch one of the boys). My kids are getting a better dad each week that goes by. Thank You! Thank you for being willing to encourage and challenge our ministry team to honor God with our lives! May 2018*

Please visit our "FiT-Bits" Blog for more stories of success.

Meet the Teaching Team

MissionFiT has a stellar team of health professionals serving the community. We have a highly experienced leader for each department. While they all have business of their own, we come together for the MissionFiT initiative. Get to know this dream team below!

Kelsey Elmore - Founder, Program Coordinator, Exercise Specialist



The spunky little yankee now planted in a southern world is living her dream, as Founder of MissionFiT: teaching Christian leaders to be FiT for the mission that the Lord has laid before them by restoring physical health to them so they can thrive in ministry for the long haul. Having spent over a decade in the fitness industry from owning gyms to working on a corporate level with big brands, helping launch faith based fitness entities and managing sportscasters, she is thrilled to bring her expertise over to the Christian community. With such compassion to truly impact lives, she's always excited to start serving the next community.

Dale Fletcher - Spiritual Fitness



With over 25 years of professional and ministerial experience in wellness, Dale loves to share biblical principles that foster whole-person health with others. To that end, his Bible study titled PathWay 2 Wholeness has transformed lives and brought healing and increased wholeness to hundreds of people.

- West Point Graduate and 20-year Army veteran
- Founder & Executive Director, Faith and Health Connection Ministry
- Vice President, Christian Coach Institute

Yvonne Hart - Nutrition



Yvonne is a wife and mother of one son, Wyatt, who has been her inspiration for wanting to educate adults and children alike about the God-given power of food- it's ability to heal, strengthen and sustain us for our best life yet! With a bachelor of science in Biology from Arizona State, she recently went on to complete her training at Duke University to be an Integrative Health Coach. She partners with individuals who desire to make lasting behavioral changes to meet their personal, professional and/ or health goals. She is passionate about cooking clean, delicious and healthy foods that provide longevity, mental clarity and sustained energy.

Cynthia Lynn Rich - Meditation and Breathing



Cynthia is a passionate encourager and motivator for all who seek to live lives free of emotional and physical pain. Her own personal suffering through trial, trauma and set back ultimately lead her on a journey to understand what it truly means to honor your body as a temple. She has coached thousands of people to optimal health through proper fitness and nutrition and is on a continual path of learning and teaching what she knows. She holds a Master Instructor Certification with Holy Yoga Ministries where she learned to yoke breath, meditation and movement with her worship of Jesus. Her greatest accomplishment, is being the Mom of two strong and compassionate women.

Emily Lee MA, LMFT - Mental/Emotional Fitness



Emily's background includes a bachelor's degree in Communication and Psychology from Florida State University and a Master of Arts in Marriage and Family Therapy from Reformed Theological Seminary. Emily's continued education and training has focused on the impact of trauma on our bodies. She is a trained EMDR therapist, which is a therapeutic approach that focuses on the mind/body response to distressing situations. Her career has included in-home therapy services, inpatient counseling with teens and adults, supervising graduate counseling students, and private practice. Emily works with adults as well as adolescents.

MissionFiT is an IRS approved non-profit 501c3 organization in the state of North Carolina.

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