



[www.missionfitlife.com](http://www.missionfitlife.com)  
Facebook - @amissionfitlife  
Instagram - amissionfitlife  
info@missionfitlife.com

# CHAMPIONING LONGEVITY IN MINISTRY

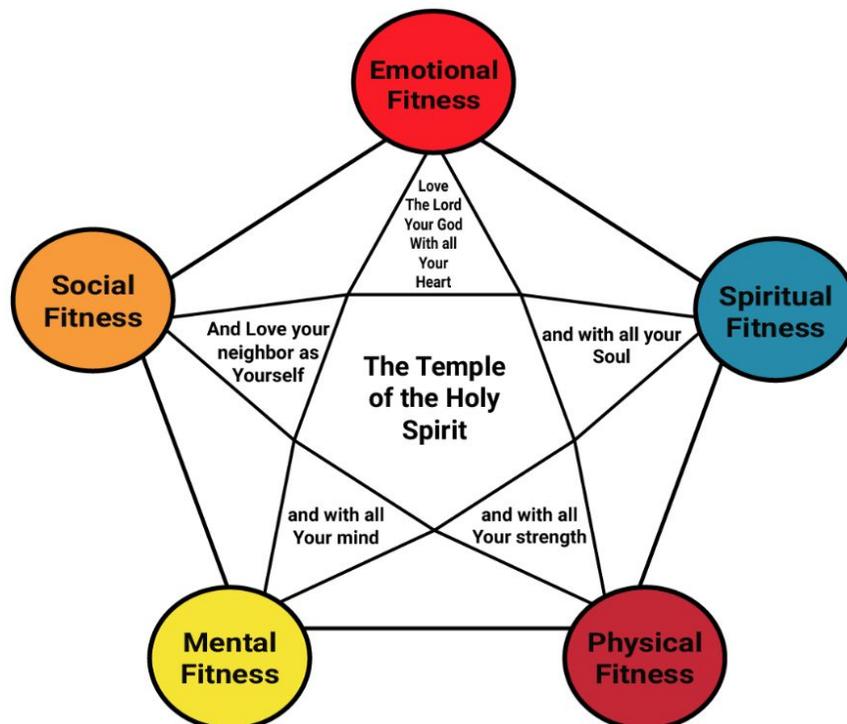
Championing Longevity in Ministry is our heartbeat.

MissionFiT is a Christian 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. Stress is ubiquitous and follows us everywhere. Furthermore, it's a silent killer because it affects our bodies 5 fold: physically, mentally, spiritually, emotionally, mentally. That means we need to learn how to battle it 5 fold and steward our health well, so we've taken our 12 years of physical health experience and partnered with area professionals specializing in the others to create a tailored program serving the needs of Christians today for whole person health. 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.**



Our model is personal training within a small group environment. We have a 3 phased progressional approach to 5 Fold Fitness with Jesus infused all throughout. In person and zoom in options available.



*“The ministry is a matter which wears the brain and strains the heart, and drains the life of a man if he attends to it as he should.”*

Charles H. Spurgeon

## Why do we do it?

JESUS

“Go-Make-Disciples.”

He’s given us a mission to complete and that’s no easy task. We need to get in the game and stay in the game!

## Our Initiatives

Small Group CLasses ♦ Church Staff Teams ♦ Church Small Groups ♦ Corporate Wellness  
Christian School Staff ♦ Non-Profits ♦ Missionaries ♦ Homeschool Groups for Health/P.E. Credit



### **101 Course - ReStart Your Heart** ReStart Your Heart

Focus: Educate, Encourage, Equip in 5 areas of health

24 Sessions plus online modules in between each class

Health screening, Bible study, Personal health coaching, Stress management coaching, 24 Fitness & Wellness classes (Nutrition, Hydration, Sleep, etc.), and a Faithful in Training bag full of goodies to equip them on their journey. Learn and start to establish healthy habits over the course.



### **201 Course - The LeaderFiT Challenge**

Focus: Changing Culture through Challenge

24 Sessions plus online modules in between each class

Put your new-found education to the test in a wellness challenge, plus...

Health screening, 24 fitness classes, Work through a book digging further into emotional and mental health, Take and process through the Enneagram, and the Grand finale team event that everyone awaits, The Amazing G-Race.

Healthy habits become natural rhythms in life and lots of transformation is experienced.



### **301 - MissionFiT Community**

Focus: Accountability, Community, Continual Growth

Month-to-Month Membership

2-5x a week FiTness classes, Weekly email of continuing education and extra workouts to do at home, Quarterly goal setting with specialized programming to equip, Quarterly City wide events, Bi-annual Health Screening. #ItsAJourney

**\*\*Cost and convenience are the two lead reasons why Christian leaders don't steward their temples well, so we don't make that a barrier for them. Our costs are extremely discounted and furthermore, we have scholarships available. As well, we have the capability to go TO our athletes, whether that's a church or place of operation.**

## **Scorecards & Success Stories**

We've worked with several churches in the Charlotte area as well as missionaries and are continuing to expand. We partner with Novant Health and so together capture tons of data from our athletes experiences. From A1C's to body fat composition, blood pressure, measurements, mobility, physical fitness, mental health screeners, sleep assessments, emotional stress tests, and more. Not only do we need these in constant development of our programs but it's incredibly uplifting for our athletes to see so much transformation right before their very eyes.

**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, New City 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

**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

**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