



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](http://www.missionfitlife.com)

*"Faith grows stronger through testing. Take Abraham for example. The Lord started by telling him to leave his country. Later on God told him to take his son Isaac and lay him on the altar. He started with a simple test and went on to a more difficult one."*

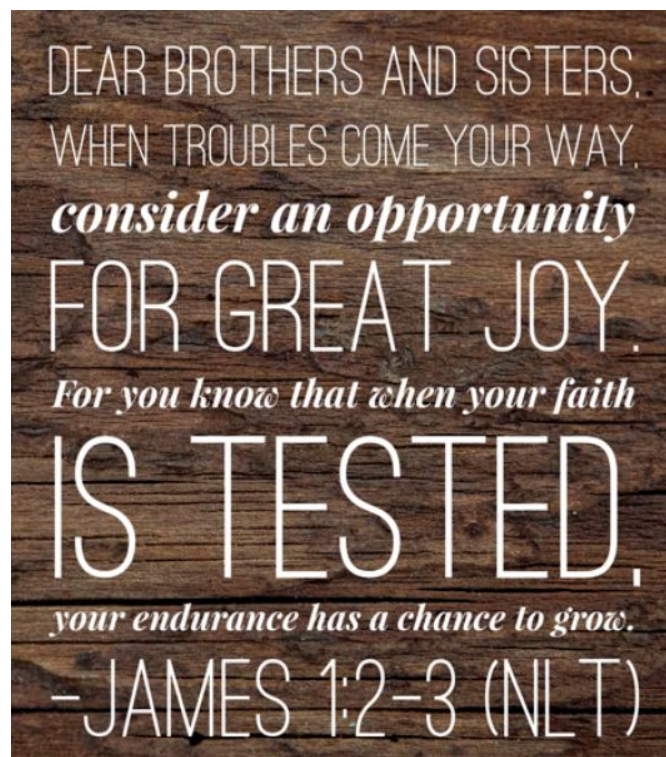
*We'll go through a series of tests in our Christian lives of faith, and each one will make us stronger. Yes, the tests will get harder. But we'll get even stronger, because God is whipping us into shape for greater challenges and greater opportunities. Everything is preparation for something else.*

*In the race of life, there's no sitting down."*

**- Pastor Greg Laurie**

The LeaderFiT Challenge is an opportunity to really get on track and put your new found wellness education to the test in a fun team building environment. As well, build confidence and mental fitness while creating some new healthy rhythms, taking your "well-th" to the next level. The ultimate goal is to change culture to one that promotes and forges longevity in ministry.

The journey will be hard, it will be challenging, but never give in!



# MissionFiT Athlete Experience

## 201 Course - The LeaderFiT Challenge

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### 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.



**10 - Prepare for what's next, becoming an official MissionFiT Community!**

**8 - Amazing G-Race!**

3 hour team event partnered with graduation celebration at the end.

**6 - Book**

Digging deeper into emotional and mental fitness, we work through a book (Men - Preventing ministry Failure, Women - Emotionally Healthy Woman)

**4 - Tracking Challenge**

Track nutrition and other wellness components in the challenge.

**2 - Enneagram**

Athlete will take the Enneagram Assessment and continue to process and unpack their number throughout the course.

**9 - Re-Health Assessment:**

- Health Forms
- Novant Health Screening
- Health Consultation

**7 - Baseline Re-Testing**

It's time to re-test our baselines to assess progress.

**5 - 20 Fitness/Wellness Classes**

Twice a week for 45 minutes. Additionally, post class emails with homework and furthered learning and support are emailed.

**3 - Baseline Fitness Testing**

Rather than just 1 workout tested and retested, in Phase 2, we have 5 different fitness tests.

**1 - Registration**

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

# LeaderFiT Milestones

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## **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.”

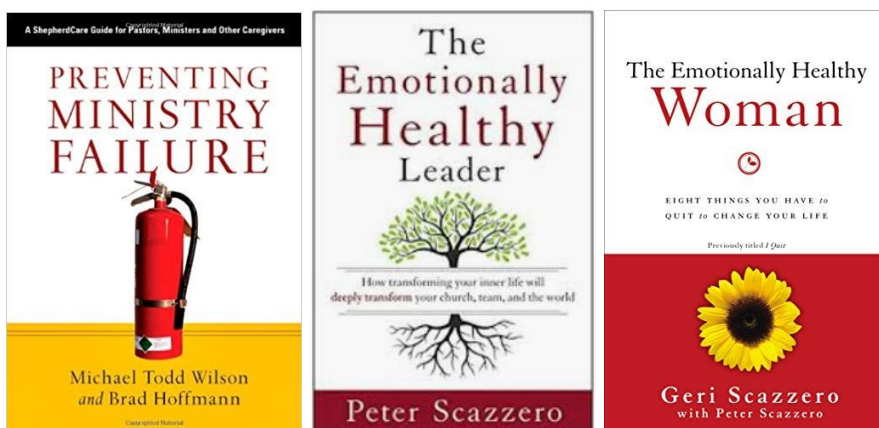
The chosen athlete wins group support in the form of a plan to address the athlete’s most troubling “wellness” problem. Spot reducing might not give one a six-pack, but you can bet group support and encouragement goes a long way to achieve individual goals as well as build community.

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 Scazero’s “Emotionally Healthy Leader”. For the ladies, we progress through Geri and Peter Scazero’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!](#)

