



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.

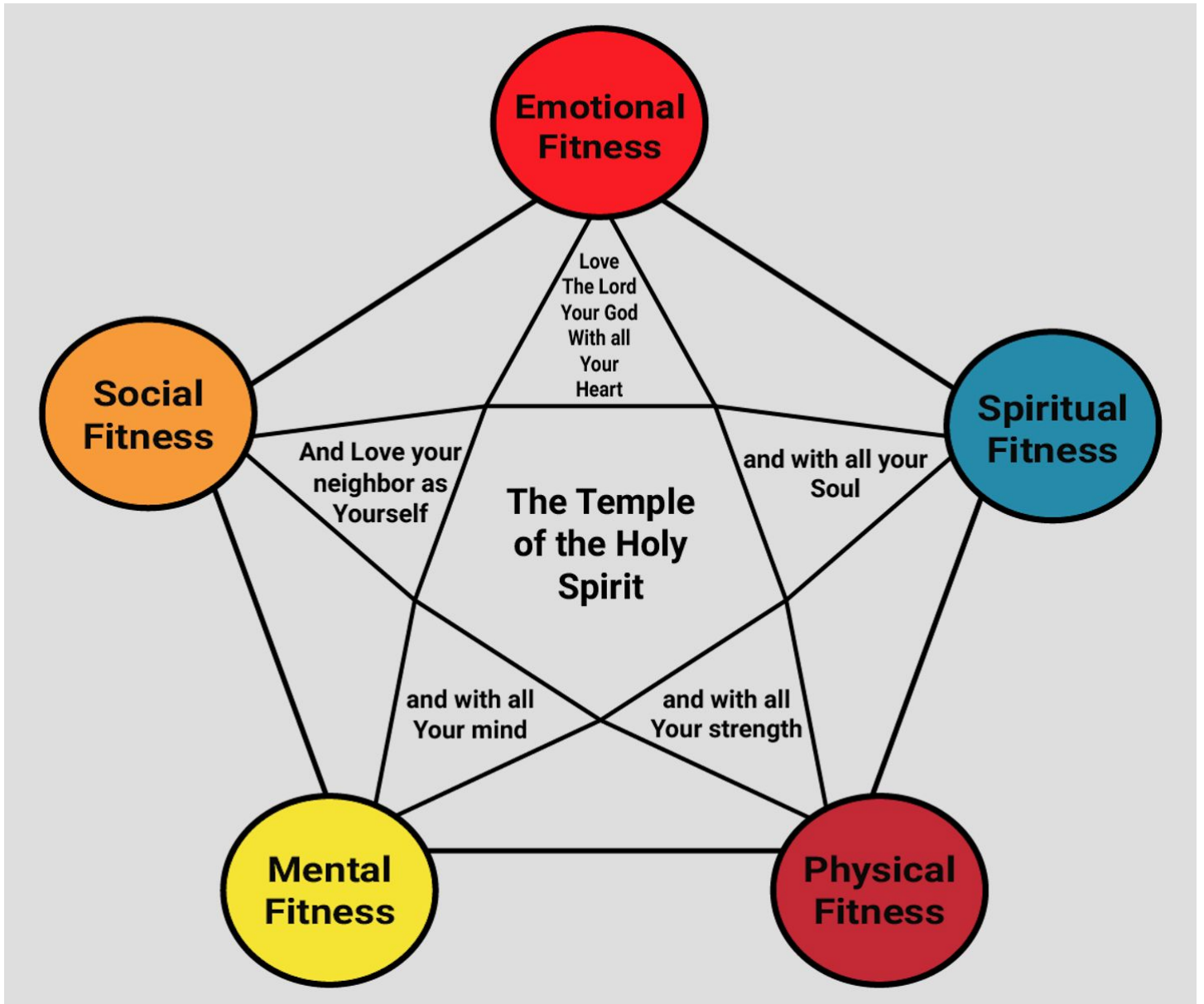
MissionFiT is an IRS approved non-profit 501c3 organization.

www.missionfitlife.com

5 Fold Health

...because God says so

Luke 10:27



MissionFiT Athlete Experience - Phase 1

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

6 - Graduation!:

It's time to re-test our baselines and submit exit health assessments. Then celebrate transformation!

4 - Kick Off Launch Day!:

3 hour workshop with front loaded education from our top experts in each field. Athletes also receive their wellness packets.

2 - Health Assessment:

Health Screening, including Blood Pressure, RHR, body fat, and measurements. Health consultation completed at screening.

7 - What's Next?!

Prepare for the next wellness phase...

The LeaderFiT Challenge!

5 - Fitness/Wellness Classes:

19 classes brought to your team twice a week for 45 minutes. Baseline fitness tests, post class emails with homework and furthered learning and support.

3 - Bible Study:

10 day study emailed to athletes once a day, preparing them for the journey ahead

1 - Registration:

Registration & financials completed, Health Forms submitted, and athletes receive their ReStart Athlete Welcome Packet.

What to Expect in Our Classes

Our beginner wellness experience, ReStart Your Heart, is 11 weeks long with a heavy focus on education, equipping, and encouragement in all 5 areas of health.

All athletes receive a Faithful in Training bag full of goodies such as mobility balls, jump rope, E-CookBook, and our Athlete Playbook to name a few, to equip them on their journey.

20 fitness & wellness classes 2x per week
45 minute sessions each time

Structure & Style:

As far as fitness goes, 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. Each Class consists of:

- Mobility/Heart-N-Soul (Daily Devo)/Announcements
- Flexibility
- Stability
- Warm-Up
- Learn today's movements
- Workout
- Cooldown
- Well-Lesson

Well-Lesson Schedule:

Class #1 - Stress Management
Class #2 - Progressive Muscle Relaxation
Class #3 - Hydration
Class #4 - Sports Drinks + Protein Shakes
Class #5 - 3 Types of Rest, including Sleep
Class #6 - Box Breathing
Class #7 - "Run Seminar" - Fasting
Class #8 - Fasting Continued
Class #9 - Breakfast Transformation + The God-Made Food Talk
Class #10 - Breakfast Continued
Class #11 - Lunch Transformation + Cautionaries
Class #12 "Jump Rope Seminar" - Lunch Continued
Class #13 - Dinner Transformation

Class #14 - Dinner Continued + Caloric Intake + Tracking

Class #15 - Snacks + Habits

Class #16 - "Meal Planning Day" + Budgeting

Class #17 - Eating Out + Travel Eating

Class #18 - "Bring a Friend Day"

Class #19 - Dessert + Alcohol

Class #20 - Graduation

- Post class we send an email titled "The Wrap Up", which encloses 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, notes from the Well-Lesson along with furthered reading articles on that day's topic.

Meet our 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, Executive Director, Program Coordinator, Events



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

Nic Schreiber - Pastor



Nic is the NextGen Pastor at New City Church – SouthPark Campus. He and his family have lived in Charlotte for three years. Nic and his wife are alumni of MissionFiT and continue to practice the holistic and healthy life practices as a family. Nic has been in pastoral ministry for 12 years, and has walked closely at different times to ministry burnout; but by the grace of God and through keeping the main things the main things, he has remained faithful to stewarding the calling that God has given to him.

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.

And we have several amazing “Jesus-freak-fitness-lovin” coaches aboard our team that we can’t wait for you to meet!