

THE TOTALLY FIT LIFE...

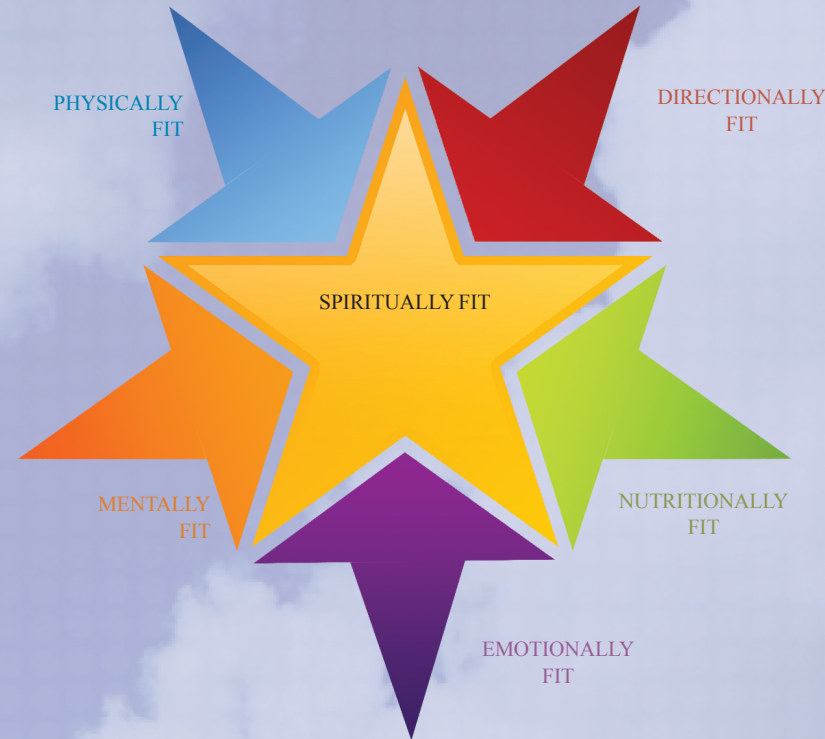
- is a simple yet comprehensive fitness program which empowers people to look better, feel better and have more energy through the daily application from The Totally Fit Life perspective of all six areas of life: Spiritual Fitness, Physical Fitness, Nutritional Fitness, Emotional Fitness, Mental Fitness, Directional Fitness.

The Totally Fit Life is NOT just about exercise or eating but so much more....it's about the way a person thinks, feels and acts....it fosters healthy relationships, spiritual growth, and living a purpose-filled life. The Totally Fit Life is built on the foundation of HOPE.

What makes The Totally Fit Life distinctive and sustaining?

- **Camaraderie** - building relationships through common goals, fitness classes and Teams of 3 makes fitness FUN!
- **Accountability** - staying accountable to the coach and teammates on a daily basis through email.

INFORMATION + APPLICATION = TRANSFORMATION™



DAILY ROUTINE

Spiritual Fitness

Recite the Prayer of Surrender once a day.
Jesus was Spiritually FIT (Matthew 4)

Physical Fitness

Exercise everyday.
Jesus was Physically FIT (Luke 13:22)

Nutritional Fitness

Eat and drink healthy.
Jesus was Nutritionally FIT (Jesus ate a lot of fish, whole grain breads, fruits and vegetables)

Mental Fitness

Recite the Wellness Dictums twice a day.
Jesus was Mentally FIT (Mark 6:2)

Emotional Fitness

TOP 1™: Put One Person First by a simple act of kindness everyday.
Jesus was Emotionally FIT (Mark 15:4-5)

Directional Fitness

Work on written goals.
Jesus was Directionally FIT (John 4:34)

**THE PURPOSE OF
THE TOTALLY
FIT LIFE:**

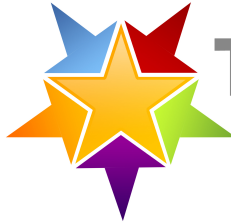
To enhance
YOUR Life

...

so that The Totally
Fit Person can be
used more
effectively by
God to advance
His kingdom.

**THE PURPOSE OF
THE TOTALLY
FIT BODY:**

To take care of
your body
so that you
can live on earth
as long as God
intended you
to live.



THE
**TOTALLY
FIT LIFE**

AT THE
GATHERING PLACE

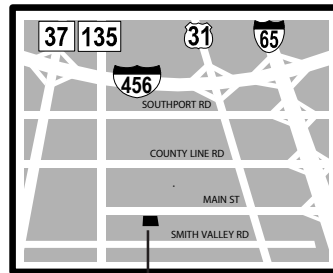
Cost for 10 week cycle
(includes materials, **TOTALLY FIT LIFE**
fitness classes at **THE GATHERING PLACE**
and email accountability team)

\$45 per 10 week cycle

For more information, contact
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THE GATHERING PLACE
SPORTS AND FITNESS



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THE
**TOTALLY
FIT LIFE**



**NOT FITNESS
AS USUAL™**