
Workshop objectives:

- ⇒ Examine “fitness” as defined by western culture
- ⇒ Contrast “fit” as defined in a Christian context
- ⇒ Analyze the concept of Fit-2-Serve in a Christian context
- ⇒ Explore methodologies to create a paradigm shift from “Fit for Self” to Fit-2-Serve
- ⇒ Formulate strategies to cultivate wellness and wholeness communities that are Fit-2-Serve



Free “tools” for participants!!!

Devotional



Pedometer



Website

A screenshot of the Fit 2 Serve website interface. The header includes the logo and navigation tabs: Home, Fit Facts, Why?, Well People in Wholeness Communities, and Fit Shop. Below the header is a section titled 'Bill's Ship Log' with a 'Fit 2 Serve - The Journey Begins (select day)' dropdown menu set to 'Day 2'. There are three main input areas: 'Record Steps' with a text box, 'Report other physical activity' with a text box, and 'Reflection Question' with a text box containing 'What are your patterns?'. Below these are sections for 'Word of the day' (with a quote from Romans 12:2) and 'Reflect on the Word' with a text box. At the bottom, there is a 'Chart of steps' icon and a 'Submit Today's Ship Log to accountability partner' button.

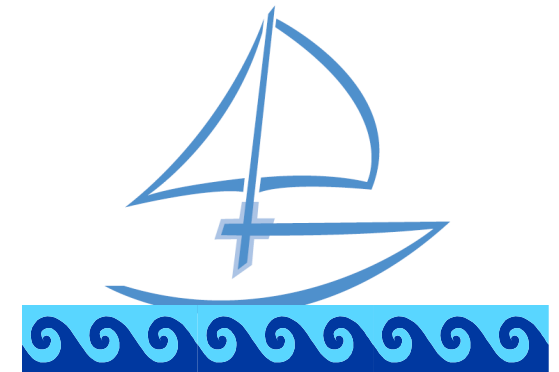
Workshop & Health Expo

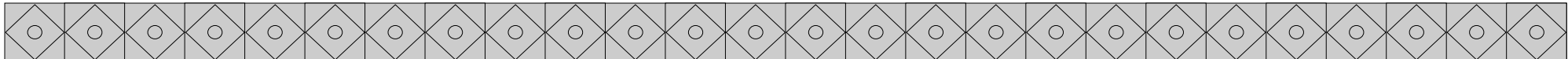
September 27th, 8:30-11:30 a.m.
Crestview Church of Christ
Community Center
7129 Delhi Road, Waco, Texas 76712

Come sail with us as we cultivate

**Well People in
Wholeness
Communities
that are**

Fit 2 Serve



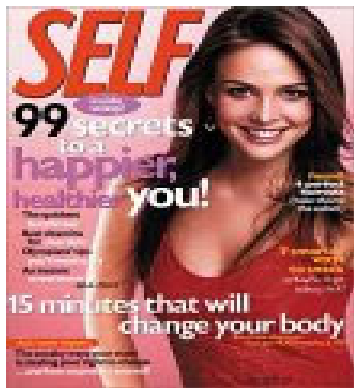


Imagine you are in your favorite bookstore and you have NO demands on your time!


You go to the magazine section and look at the health and wellness magazines.

What images and text do you see on the covers?

What messages are being communicated by the image and text below?



Paradigm Shift !!!

We would like to propose a paradigm shift. The images on the covers of health and wellness magazines often communicate a message of Fit for Self and it is our desire to shift the paradigm and challenge you to contemplate the tagline..... **Fit**  *Serve*

As you ponder the tagline, what do you think it means?

Read the verse below...

“Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ through whom we have gained access by faith into this grace in which we now stand.”

Romans 5:1-2 (NIV)

As Christ-followers, are we Fit?

Yes, we are **Fit** !

The world may at times try to convince us otherwise but the truth remains, we are **Fit**... emphasis on the bold text! We were justified by the life, death, and resurrection of Jesus Christ and we continue to realize the blessings of that as God sustains our life by faith.

Now, how shall we live?

How do the promises of Christ orient and reorient us toward the abundant life Jesus talked about in John 10:10 ?

The workshop objectives noted on the following page, will help us discover the answers to those questions and more....