



**Revelation Wellness®  
Training and Certification  
Inquiry Packet  
2018 Spring and Fall**

Last revised: 3/26/18

*Love God.*

*Get Healthy.*

*Be Whole.*

*Love Others*



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## Who is Revelation Wellness®?

**Revelation Wellness®** uses fitness as a tool to spread the good news Gospel message to the ends of the earth.

**Revelation Wellness® Mission:** Helping people love God, get healthy, be whole and love others.

**Revelation Wellness® Value Statements:** God first. No Gimmicks. Freedom Living.

Revelation Wellness® (RW) is passionate about seeing the body of Christ living fit for the mission of glorifying God, making disciples and loving others well.

Our intention is to expand wholistic Christian health awareness globally by training and supporting teachers who are interested in bringing wholistic health in Jesus Christ to their communities. We are committed to teaching cutting edge fitness and wellness rooted in the power, love, and freedom of faith in Jesus Christ.

## Our Backstory

**Alisa Keeton, Founder of Revelation Wellness®- B.A./C.P.T/A.C.E.**

Alisa Keeton has been a certified personal fitness since 1991. She holds a B.A. degree in Education, is certified through the American Council on Exercise in group fitness and personal training. Born and raised in Phoenix, Arizona, she is married to her husband Simon and honored to be the mother of two children, Jack and Sophia. The saving love of Jesus is Alisa's passion and fitness is her tool.

In 2011, with a new vision in mind, Alisa started the non-profit Revelation Wellness®. "I believe we are spiritual beings with physical bodies. To train the body without addressing the soul and Spirit is like treating the symptoms of a disease with no intention of finding a cure. I believe in the possibility of people becoming healthy and whole, which occurs when we train the whole person - mind, body, soul, and spirit - with a social consciousness regarding the gift of good health. When we individually experience wholeness, an integrated way of living from the inside-out, we are better able and ready to love others well. In good health (mental, emotional physical and spiritual), we are better equipped to live out the two greatest commandments of Jesus: to love God with all heart, soul, mind and strength and to love others as ourselves." (Mark 12:28-32)

Alisa is the creator of Revelation Fitness®, the author of Wellness Revelation, and Tyndale Publishing's residing Wellness Expert. Since 2011, the ministry of Revelation Wellness® has trained and certified over 1200 instructors worldwide, as far reaching as Nigeria, Australia, Mexico, Canada, Denmark and the United Kingdom.

As featured in Christianity Today:

<https://www.christianitytoday.com/women/2017/november/sweatiest-bible-class-in-america.html>



# What is Revelation Wellness® Instructor Training?

**The purpose of Revelation Wellness® Instructor Training** is to raise up and send out disciples of Jesus Christ who desire to live healthy, whole and integrated lives in mind, body, soul and Spirit. Revelation Wellness® believes that every body holds a story (good or bad). A Revelation Wellness® Instructor is passionate about helping people embrace their stories as they move towards physical and spiritual health, healing, and wholeness. Since how we use our bodies is an expression of what we believe in our hearts, what we do with our bodies can't be ignored, nor can it be shamed. All Revelation Wellness Instructors learn how to provide safe and inspiring places for people to love God, get healthy, be whole and love others so they can become the people they were created to be - which is more than a number on a scale, an age on a birth certificate, or the size of their jeans. All instructors in training learn how to teach a safe and effective Revelation Fitness® class where physical movement becomes a get-to and not a have-to. They also become certified facilitators of The Wellness Revelation, an 8-week book/curriculum study designed to help people lose what weighs them down so they are free to love God, themselves and others. Whether moving people in a Revelation Fitness® class or leading them through The Wellness Revelation, Revelation Wellness® Instructors are missionaries of hope in what can be a dry and weary wellness and fitness world.

## **Who is Revelation Wellness® Instructor Training for? It's for the person who:**

- Wants to know and grow in their identity as a loved and wanted child of God
- Wants to bring fresh vision, voice and hope into the fitness and wellness world
- Believes the good news Gospel message is a message of wholeness; a call to love God with ALL of who we are in heart, soul, mind and strength (Mark 12:28-32)
- Believes God created us, male and female, formed our bodies, and called us good
- Is aware of the human tendency to obsess over our bodies or neglect our bodies and that only God's grace can keep us from falling into either trap
- Understands that true health must also take into consideration the emotional weight of a person's heart and not just measure the gravitational pull of their body on a scale
- Believes that there is more to life than what can be seen and desires to see the unseen things of heaven, infiltrate earth
- Knows healthy living must be about more than just the food or the fitness
- Realizes that the pursuit of body perfection is fleeting, but pursuing the abundant life in God is not



- Believes if we can get our thoughts, feelings and actions in line with the God who created us our bodies will fall in line with its design for the season of life we are in
- Wants to help people live in total freedom; the ability to live from a heart of “I can’t, but I want to” to “I can, but I don’t want to.”
- Hungers for people to be met and changed by the love of God that drives out all fear and leaves them free to walk in step with God’s plan for their lives
- Believes that God’s grace is not the permission to live according to the flesh but the enabling power of God’s Spirit in us to do whatever it is God is asking us to do
- Believes people who are free in Christ have the ability to free other people
- Wants to be transformed by the renewing of their mind and not be conformed to the patterns of this world
- Believes God qualifies the called and doesn’t just call the qualified
- Wants to understand how the beliefs in our mind shape the biology of our bodies
- Desires for health and fitness to be seen and valued in a variety of shapes, sizes, colors, and ages
- Wants to pass this freedom torch to the next generation of sons and daughters
- Believes obedience to God’s will and ways always brings God’s immeasurably more kind of blessings

#### What a Revelation Wellness® Instructor in training receives:

- 9-weeks of online, at-home, discipleship training
- 5-night, 6-day all-inclusive wellness retreat intensive in Northern Arizona (does not include airfare)
- Understanding of how the physical body affects or is affected by our spiritual hunger and what it means to love God with ALL our heart, ALL our mind, ALL our soul and ALL our strength
- What it takes to be a HEALTHY disciple of Jesus (Not a perfect disciple, but healthy & whole disciple 🧡)
- World-class group instructor fitness training according to the American Council on Exercise
- Week-by-week teachings to help you and others get to the root of food, exercise, body image and health addictions
- Cutting-edge Biblical leadership training and development
- How to lead a community of people who are loving God, getting healthy, being whole and loving others
- How poverty (physical or spiritual) and oppression (internal or external) effects our health
- Learn how to apply Biblical teachings to our physical body
- Restored body-image



- How to turn workouts into a time of joy, strength and freedom
- Addressing spiritual motivation and adherence to physical activity
- Understanding healthy body biomechanics for successful movement that reduces pain
- Creating and maintaining life-changing community within your Revelation Wellness® ministry
- Creative use of equipment and space for any type of Revelation Fitness® class
- Understand how you like to move then create a group fitness class/community that fits your style

#### **Post-Graduation Support You Receive:**

- On-line support of your ministry through Revelation Wellness®
- Monthly Instructor Newsletter
- Access to a private Facebook group for all our certified instructors
- How to get started in your ministry
- Marketing materials for your Revelation Wellness® ministry
- Post-graduation access to a private library of resources and tools
- Regional development and connection with other instructors in your area
- Ongoing teaching tools and resources for growing and caring for your community
- Revelation Wellness® professional workshops to further your knowledge in Christ-centered wellness
- Monthly coaching calls
- Future Wellness Revelation mission trips
- Continued resources and education for the application of fitness/ wellness and our faith
- Workout classes, ideas and music suggestions to keep your instructing fresh and fun!
- Merchandise discount
- A life-long family of fellow brothers and sisters who want to live their lives loving God, getting healthy, being whole and loving others

#### **Podcasts About Revelation Wellness® Instructor Training:**

[What's My Return On Investment](#)

[Instructor Training Panel Discussion](#)

[When A Fitness Teacher Becomes A Gospel Preacher](#)

[Instructor Training LIVE Q&A Call](#)



# Revelation Wellness® Instructor Training Qualifications & Commitment

## Qualifications

Revelation Wellness® is branded and trademarked and all rights are protected by law. Only registered Revelation Wellness® instructors can use the Revelation Wellness®, Revelation Fitness®, and Wellness Revelation name, and/or teach Revelation Fitness®, and/or host Wellness Revelation classes.

Instructor candidates must be:

- Committed to the Christian faith
- Committed to following and abiding in Christ
- Committed to living Spirit-led lives
- Committed to seeing things through in the face of fear and opposition by the power of His strength
- Committed to using Revelation Wellness® tools and materials, and abiding by the brand specifications and requirements

## Time Commitment for Revelation Wellness Instructor Training:

You can expect to spend no less than 9 hours per week on home study during the 9-week/10 session training process. Please see the outline below as to how your weekly hourly requirements will be fulfilled.

- Home Bible Study: 1-2 hours weekly
- Video Tutorials: 1.5 hours weekly
- Prayer/Meditation: 1 hour weekly
- Reading: 2-4 hours weekly
- Journaling: 1 hour weekly
- Moving Your Body: 2.5 hours weekly minimum
- Webinar/Calls: 1.5 hours weekly



# Revelation Wellness® Instructor Training Materials

## Revelation Wellness® Instructor Training Materials Include:

- Comprehensive 9-week training manual including: weekly cutting-edge leadership Bible study to better prepare you as a Biblical wholistic health provider, journaling pages, and weekly outline for becoming a Wellness Revelation facilitator and Revelation Fitness® Instructor
- Weekly Video Tutorials
- 90 Days Access to RevWell TV®
- 6-day/ 5-night retreat (airfare not included)

## Required Books Included in the RW Certification Costs:

- Revelation Wellness® Manual (downloadable)

## Required Books NOT Included in the RW Certification Costs:

- ACE Group Fitness Instructor Manual - Fourth Edition  
<https://www.acefitness.org/acestore/p-1617-group-fitness-instructor-handbook.aspx>  
**(IMPORTANT: You will not be ACE certified through this program.)**
- The Way of the Dragon or the Way of the Lamb by Jamin Goggin and Kyle Strobel
- Wellness Revelation by Alisa Keeton



# Revelation Wellness® Instructor Training Certification Components

Revelation Wellness® Instructor Certification consists of two major parts: A 9-week/10-session training program and the one- week instructor-training retreat intensive. You may do either part first, but both parts must be completed within one calendar year.

## Home Bible Study

During our 9-week/10-session journey, we will study the book of Nehemiah. Nehemiah was a man of God who sought, served, and loved God wholeheartedly. He had a heart shaped after God's heart and desired to see his people and their homeland restored to its once bestowed beauty. He was a leader. Each week you will do your own self-study at home, to include viewing weekly video tutorials, and come prepared to your online classroom ready to share.

## Weekly Webinar / Online Classroom\*

We will meet via webinar every week for 90 minutes. The entire training is 9 sessions, with an introduction session (10 weeks total). In each weekly webinar we examine the previous week's Bible study, answer questions on the practicum of teaching faith- based group fitness, review and discuss the Wellness Revelation curriculum, and share with one another what God has shown us regarding our call and our passion to lead others to health and wholeness.

**NOTE \*** Phone calls are not toll free. Please check your current phone plan to be aware of minute costs.

## Weekly Reading

You will see a list of required reading as well as supplemental reading materials. The required reading is mandatory for participating in your weekly online class. The supplemental reading will enhance your training process and may be started as soon as you enroll.

## Weekly Video Tutorials

You will watch weekly tutorial videos led by Alisa Keeton and a team of Lead Instructors. These videos will provide an in-depth review of various aspects of the week's studies.



## Revelation Wellness® Instructor Training Certification Components Continued

### Weekly Exercise & Nutrition

It is important that we practice what we are being called to teach. Each student agrees to be physically active and moving at least 4x a week and no more than 6x a week. Each person is asked to practice good food choices by living mindfully by practicing what you are learning in training. As you are in training, you will be challenged to reexamine everything you think you know about food and exercise as you grow in understanding of God's love for you and the truth of His word.

### Journaling

You will write down what you are learning and what God is showing you as you are refining yourself towards your calling in leading others to health and wholeness in Jesus.

### Prayer/Meditation

One of the most overlooked aspects to readiness and preparation for the calling on our lives is to make time to be still – to sit, listen, and hear from God. Each instructor in training will find it essential to be a person of prayer during and after certification. Some of you already have a personal prayer practice in effect, but if you do not it is time to begin. Be disciplined about setting aside a specific time that you will “be still and know”. Psalm 46:10. A minimum of 5-10 minutes a day is a good place to start.

### Instructor Training Retreat Intensive

Eat, sweat, laugh, cry, sleep, repeat! That's retreat! But be advised, the 6-day/ 5-night retreat is not a vacation from your life, but a time to dig-in and go deep into the heart of God with people who love you. God is calling you to come away with Him. Retreat is designed to get you free! Because free people are ready to free people. This time away gets you ready for the call of being an ambassador of hope to the fitness world, as well as the practical time you need to learn how to teach effective, safe, and Spirit-filled fitness classes and wellness small groups. Retreats are designed to be a time to get away, get focused, and get intimate with God, alongside others, in a safe and healthy environment. (Airfare is not included in the cost of the program.)



# Revelation Wellness® Instructor Training

## How to Apply and Requirements for Certification

1. You should have received an email to set up an Enrollment Conversation with your Enrollment Advisor.
  - a. **IMPORTANT TO KNOW:** Enrollment conversations can change EVERYTHING! Just when you thought you knew what you needed to know about Revelation Wellness and why you think this training might be for you, this call will bless you even more. Hear us when we say, THIS IS NOT A SALES CALL! This conversation is to help you know more about us and gives us an opportunity to bless you into whatever leadership/discipleship call the Lord has for you. And since you downloaded this packet, we can confidently say, God is calling you into something more! Let us meet with you, pray for you and get you on your way!
2. After the interview, you will complete an online RWI Training E-Application. You will then be directed to set up your payment plan. **\$350 is non-refundable** and your first payment will secure your place in the next training session. See next page for further information on tuition rates and payment plan options.
3. Deposit (first payment) and payment plan must be set up in order to receive materials and access to class.
4. If you are a current nationally certified group fitness instructor or wellness professional, provide a copy of your certification to your enrollment advisor.
5. Successfully complete the 9-week/10-session program, as outlined in time commitment, and attend certification retreat within one year of enrollment.
6. Meet all financial commitments you may have made regarding payment plans.
7. Complete an online certification exam after you meet the above requirements.
8. Obtain a CPR certification prior to leading your first class. Your tuition does not cover the cost of CPR training. (Go to [www.redcross.org](http://www.redcross.org) for a class near you.)
9. Pay the annual fee to maintain your Revelation Wellness® Instructor certification.



# Revelation Wellness® Instructor Training Tuition & Payment Plans

## 2018 Instructor Training Tuition

**\$2,095 - Revelation Wellness® Instructor Training**

**\$1,695 - Wellness Professional (ask your EA if you qualify)**

**\$1,595 - For Currently Nationally-Certified Group Fitness Instructors\*\***

\*\*Group Fitness Certifications accepted—ACE, AFAA, ACSM, NETA

**Note:** Annual membership fee required to maintain certification.

To assist you in this adventure, Revelation Wellness® extends financial aid to all students who apply, in the form of **interest-free** payment plans. Please note that your first payment also dictates which day of the month all subsequent payments will be deducted.

### Payment plan options:

- Pay in full before first class and receive 10% off total tuition
- Three equal monthly payments
- Six equal monthly payments
- Twelve equal bi-monthly payments over six months

You will receive an email to make one of the above selections. Questions regarding the payment plan options should be directed to your enrollment advisor. For additional questions, please contact our Finance Director at [finance@revelationwellness.org](mailto:finance@revelationwellness.org).

### Refund and Cancellation Policy

- \$350 non-refundable if cancelled before class begins
- \$500 non-refundable if cancelled within Weeks 1-4
- \$800 non-refundable if cancelled within Weeks 5-9
- No refunds after week 9

### Additional Information

- Please note first payment must be made, and Instructor Agreement must be signed to receive materials and access to class.
- **Please note: Once a module is released, it is considered “content delivered.”** In other words, once you have access to the content, you have essentially paid for it. You are then free to download all the materials in that module. **All training content must be downloaded before the training ends.**



# Revelation Wellness® Instructor Training Scholarship Opportunities

## Financial Assistance Scholarship

There are a very limited number of financial assistance scholarships available for each class. We ask that you seek the Lord for how He will provide you the resources to attend this training. Some who have come through training have reached out to their worship community while others have asked their family and friends to support them. Be creative, but mostly be open to the Lord and how He will equip and provide for you as He calls you. To apply, please contact your enrollment advisor. Please note financial assistance cannot be combined with any other discounts or special offers.

## Ambassador Scholarship

Are you currently serving the poor or at risk members in your community? You may be eligible for a scholarship to be equipped and supported in your ministry.

- Requires a minimum one-year commitment upon completion of training.
- Ambassadors participate in a committed after-care program.
- Limited scholarships for each class are available for those who qualify.
- Applications not accepted within 45 days of start of class.
- Learn more: <http://www.revelationwellness.org/inst-training/ait/>



# Revelation Wellness® Instructor Training Training Calendar

## 2018 Training Opportunities

### *Spring 2018*

#### *Revelation Wellness® Instructor Training*

Monday, February 19, 2018 – April 23, 2018

Thursday, February 22, 2018 – April 26, 2018

Webinars: 12-1:30 PM EST or 8-9:30 PM EST

#### *Spring Retreat Intensive - 2018*

Sunday, April 29, 2018 – Friday, May 4, 2018

Lost Canyon Young Life Camp near Flagstaff, Arizona ([www.lostcanyon.younglife.org](http://www.lostcanyon.younglife.org))

### *Fall 2018*

#### *Revelation Wellness® Instructor Training*

Monday August 20, 2018 - Monday October 22, 2018

Thursday August 23, 2018 - Thursday October 25, 2018

Webinars: 12-1:30 PM EST or 8-9:30 PM EST

#### *Fall Retreat Intensive - 2018*

Sunday, November 4, 2018 – Friday, November 9, 2018

Lost Canyon Young Life Camp near Flagstaff, Arizona ([www.lostcanyon.younglife.org](http://www.lostcanyon.younglife.org))

#### **Note:**

You may attend the alternate retreat date within one year. You must let us know at least 30 days prior to retreat or you will be subject to a \$250 rescheduling fee for the next retreat. If an extension is needed beyond one year, the rescheduling fee increases to \$500.



## Revelation Wellness® Instructor Training Frequently Asked Questions

### **Is Revelation Fitness® a certain style of movement?**

Nope. We wouldn't dare box you in like that! By coming through instructor training, you will discover how YOU were created to move and then learn how to communicate and motivate that type of movement to others. Some people are more athletic in movement, and some are more dancers. Through training you will learn how to unleash your inner athlete and/or dancer and then apply that movement in a safe, effective, and powerful way, leaving all your students feeling successful and encouraged to be who they were created to be and move as they were created to move!

### **Why is this program nine weeks long when most fitness certifications happen in a one- to two-day time period?**

Because the Lord has called Revelation Wellness® to depth. As comprehensive and thorough as this program is, we just couldn't get to really good stuff in a day or two. God is not in a rush with us, and neither are we with you. Plus...we really value community here. We want to know you and we want you to be known. God is raising up an army! People who refuse to turn back when the going gets rough. And just like a platoon spends time in boot-camp together before they head off to fight, we want to spend time with you! The 9-week training program, along with the 5-day retreat intensive will change your heart forever and link you with like-minded and like-hearted people for the rest of your faith pursuing life.

### **How do I know if have been called to teach Revelation Wellness®?**

You know you have been called when you just can't stop thinking about it. Revelation Wellness® is God's ministry. He is jealous for fitness & wellness and is calling you to help lead others into freedom as you yourself become more free. God never calls the equipped. He equips the called.

### **What if I am brand new to fitness myself? Don't I need to be in better shape to become Revelation Wellness® Instructor?**

Ha. We hear this one a lot. If you are new to fitness, you are in the right place! In fact...this is the perfect time for you to grow your roots firmly in the love of God. Without God, our fitness/health can easily become the thing we think we have control over. It is all by grace! We are not interested in pumping out cookie cutter fitness instructors who have "perfect" bodies. At Revelation Wellness®, we believe that health comes in all shapes and sizes! You were fearfully and wonderfully made!

### **Will I be ACE certified at the end of this program since we are using the ACE manual?**

No. You will only be certified as a Revelation Wellness® Instructor. To become ACE certified, you will need to register and take the test administered by ACE. Go to [www.AceFitness.org](http://www.AceFitness.org) for more details.



## Revelation Wellness® Instructor Training Frequently Asked Questions

### **I am already a nationally certified fitness instructor. What does this program have to offer me that I don't already know, have, or need?**

A renewed mind for fitness, wellness and/or weight loss, and various body disorders. That's what we have to offer you. God is doing a new thing in the world, through fitness. Clearly He has given you the gifts and talents to help others since you have been at it for years, but He wants to show you the "more" that is behind fitness. Through instructor training you will learn how to biblically and wholistically help others. How to help them get to the root of their weight issues and body image struggles. He is going to give you His mind and heart for fitness and how to use your voice to set the captives free. No more scale obsessing or on-going calorie counting. He wants to show you what grace and freedom looks like in fitness, so that you can show others. In addition, the Revelation Wellness® Instructor Training Workshop is approved by the American Council on Exercise, providing you with 3.0 CEUs.

### **How do I know if I am ready to teach?**

Revelation Wellness® training is the most complete and comprehensive fitness training out there to date. Upon completion of this program, you will be thoroughly equipped to teach. **WARNING:** Even after completion, be on the lookout for the lie that will always try to convince you that you aren't ready. Did we say that's a lie? Just in case, let me say it again...that is a lie!

### **Do I get on-going support after completion of training?**

As a certified Revelation Wellness® instructor, you will be given access to our private instructor portal as part of the \$97 annual certification fee. This portal includes access to instructor marketing tools, teaching tools (including written and recorded video of live Revelation Fitness classes), educational information, as well as VIP discounts on all Revelation Wellness® apparel. Access to a full year of RevWell TV® is available for just \$50 more annually, or \$147 for both your annual certification fee and RevWell TV®, a savings of \$70! All certified instructors are our family and are invited to stay connected with us, in daily living, through our private Facebook page and monthly newsletters.

### **What if I have a conflict with the retreat intensive dates at the end of the training program?**

You may attend an alternate retreat date within one calendar year of enrolling. We must know at least 30 days prior to the first day of retreat if you are unable to attend. Cancellations within 30 days of retreat will result in a \$250 rescheduling fee, assessed prior to the next retreat.

**Note: If an extension is needed beyond one year, there will be a \$500 rescheduling fee.**



## Revelation Wellness® Instructor Training Frequently Asked Questions

### **What do I need to bring to the retreat intensive?**

Bring plenty of workout clothes. You may also want to bring layers as it can be windy and the temperature can fluctuate throughout the day. You will receive a more extensive packing list prior to retreat.

### **When do I need to buy my airline ticket to retreat?**

Once your course starts, you will receive information regarding required arrival and departure times. Please wait to receive this information BEFORE purchasing a ticket.

### **I have special dietary needs. Will there be options for me at retreat?**

At each meal there is a vegetarian or gluten-free option. Any other concerns may be brought to our attention via the retreat questionnaire, which will be sent to you during the second half of your training.

### **Is the tuition payment plan automated?**

Yes, it is automatically withdrawn.

### **When I set up a payment plan, do I have to pay right away?**

Yes, the payments begin on the day you set it up. For example, if you set it up on the 15th, every 15th of the month the payment will process until paid in full. Note: You will continue to receive the weekly email teaching content as long as your payments are current.

### **Are there requirements to maintain my Revelation Wellness® Instructor certification?**

Yes, there is an annual fee to maintain your RWI and Wellness Revelation certification and gain access to the instructor portal, facebook family page, and Instructor newsletters.

### **Am I required to obtain my CPR certification before the Revelation Wellness® Instructor retreat intensive?**

It is highly recommend you get CPR certified prior to teaching your first class. If you are taking the ACE Group Fitness Instructor certification exam, you will need to be CPR/AED certified prior to sitting for the exam.



## Revelation Wellness® Instructor Training Testimonies

—For a week we worked out, worked in, sweated, grunted, prayed (oh boy did we pray!) studied His word, I mean really dug in. So what does Jesus have to do with fitness? What is my takeaway? Everything! I will go back to Jeremiah, "For I know the plans I have for you, plans to prosper you and not to harm you, plans to give you hope and a future... Jesus and fitness are the Hope and Future. He brings us back from that captivity, the hopelessness we carry around with us, the dread, the un-worthiness, the despair, the heart ache, deep wounds that the world has thrust upon us. He brings us back to Hope where we have a future, a future where we are healthy, and whole! - Kim C., Texas

—RWIT has been life changing for me. I came in to the program as a Holy Yoga instructor knowing God wanted me not just to teach on my mat, but teach about Him on the gym floor as well (lot of pride and ego there)! It is so refreshing to bring strength to my body while God brings strength to my spirit. Alisa and the rev instructors are like family, though I may not talk to them on a regular basis, I love them and am so blessed to have them in my life. God works mightily through Alisa and the core team...brace yourself, God is going to do things through you that you never imagined. - Debi R, Washington

—When I started my search for blending my loves of faith and fitness, I never expected to actually find something as perfect for me as RevWell. Training was so good- Bible, community, anatomy, and fitness training all harmoniously wrapped into one. And retreat, literally changed my life. I found myself, my fears, doubts, confidence, and faith family in one week. I went to retreat obediently following God with no apparent direction, and today I humbly serve my community with the skills and truth found while I was there. When I was starting my ministry out here in the middle of nowhere, far from anyone, my family of RevWell Rebels were there to pray, encourage, and lift me up. RevWell training was the tool God used to steer me into my purpose. Beyond thankful. - Heather V., Texas

—My experience at the Revelation Wellness® Instructor Training was an absolute homecoming! There have been several strands or themes in my life that were finally able to be braided together during this training. Throughout my life, gymnastics, health (health education degree in college), Jesus, and the need for humility were all wound together at our training! The training experience inspired me to start giving up EVERYTHING to Jesus, no exceptions. I was able to work out as a form of worship instead of an exercise in vanity; that is life changing! The training was a glimpse into the warrior that I have been called to be. Guys, great food, awesome workouts, lots of Jesus...what more can I say! Oh yeah, the brothers are the bomb; best friends you could ever ask for! -Treve B., Montana



## Revelation Wellness® Instructor Training Testimonies

*—Revelation Wellness® Instructor Training turned me upside down and inside out. In a good and much needed way! This is not the every day amp 'em up, get physically fit, work out hard, and eat right kind of training. (Although I got this too!) This is about letting Jesus do the work! Learning to feel HIS love and adoration for me....while recognizing HIS deep desire to lead me into a healthy lifestyle. Revelation Wellness® is a ministry like no other!! Alisa Keeton has been "called" and has answered, she is truly a disciple! You won't be disappointed! —  
- Michele T., Washington*

*—Revelation Wellness® has opened a door of grace and truth in my life that I have never experienced. Through the training, I learned that physical fitness and worship were intended to be ONE, and through Revelation Wellness®, I have learned that Jesus is in the midst of our daily lives and wants to be at the center of all we do. Worship and wellness go hand in hand. Our bodies are to be offered as worship, and fitness is key to fulfilling God's call on our lives. I have found a family, true family, in the sisters that my heart is now inextricably connected to. Jesus took my love for fitness and redeemed it, setting me free from self-worship and self-hatred, and giving me a place to serve Him, both in teaching others to bring their bodies as worship, and in the JOY of loving God with my body. - Heather J, Arizona*

**Your story could be the next one we tell. Come join us and be transformed by God!**