



## How to Start a Faith and Fitness Ministry

### Alisa Keeton

#### BACKGROUND ON REVELATION WELLNESS:

- Founded by Alisa Keeton
- Est. 2011
- Events + Adventure Retreats
- Fitness Challenges
- Instructor Training
- **Using fitness as a tool to share the Gospel**

#### WHY START A FAITH AND FITNESS MINISTRY?

- You desire more. Beyond the obsessing and neglecting, coming under the authority of the One who made us and loves us. Creating a joyful experience.
- The mind/body research is in! We can renew our minds. Speaking Truth while moving, allows hope to rise→ neuroscience backs this.
- Healing is better than shredding. Its therapy. Health is a measure of the inside.
- Healing requires connection. Community. Celebrating that people can grow and get stronger.

#### HOW TO START A FAITH AND FITNESS MINISTRY?

##### THE WHO?

- Start with who you are today and who you know.
- Change your “If...then...” to “Even if...”
- God does not give us a dream to put it in a box.
- “For where two or three gather in my name, there am I with them.” Matthew 18:20
- Get connected to your local church body.
- Shake fear off in Jesus’ name.

##### THE WHERE?

- Consider: church, community centers, apartment building common areas, your home, outside parks, walking trails, etc.
- There is space all around you→ get creative.
- Just be sure to check liability requirements/LLC, waivers and insurance as you grow.

There is no lack in the Kingdom.



### THE WHAT?

- KISS: KEEP IT SIMPLE SILLY :)
- Grace: The people coming to you just want to be led.
- Most people just want a space to connect and move their bodies. YOU get to facilitate that!
- Speak HOPE to them. The Word of God changes us.
- Have a willing spirit to create a space. Set the table and invite.

### SHOULD I CHARGE?

- Short answer- yes. You are worth your yes. A worker is due their wages. BUT, if you are going into this primarily to make money then your 'why' is off.
- Could be in the form of a love offering, suggested donations, punch cards etc.

**1 John 4:18 "There is no fear in love, but perfect love casts out fear. For fear has to do with punishment, and whoever fears has not been perfected in love."**

Shake off fear and get going. You see a need, now take a step. We are called to a full and abundant life in Him.

There is power in Testimony...what God has done for one, He will do for many.

For more information on Revelation Wellness Instructor Training, download a packet today:  
<https://www.revelationwellness.org/inst-training/rwit/>