



Webinar: I'm Never Going To Teach A Fitness Class

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Stop obsessing; stop neglecting: live free in your body. The Bible is the book that brings real healing. Good things happen when our bodies, the living Word and the God, who created all things, collaborate together through Instructor Training!

At Revelation Wellness, we aren't just hearers of the Word, we are DOERS of the Word.

What have you known fitness to be?

Ask the Lord for a greater revelation of what it could be. We live in a time of diet culture.

"Diet culture is a collective set of social expectations telling us one way to be and one way to look and one way to eat and that we are a better person, we're a more worthy person if our bodies are a certain way." Nadia Craddock

The root of diet culture is self-loathing and fear.

It's in coming back to God, and bringing our bodies too, that we are made new- wholly; heart, mind, soul, strength.

Self loathing and fear have got to go.

1 John 4:18 "Perfect love casts out fear."

Genesis 3:10 "And he said, 'I heard the sound of you in the garden, and I was afraid, because I was naked, and I hid myself.'"

When Adam and Eve gave into temptation and believed the lie of the enemy that God was holding out on them, they distanced themselves from God. The first effect of sin was that they stopped seeing themselves, imago dei, but rather saw themselves naked and ashamed. This is why we have to come back to our body. The more we keep distancing our bodies from our spiritual health, the more we leave a space for the enemy to come in and continue to split us up until we come back to ourselves and the One who created us.



Isaiah 54:4 “Fear not, for you will not be put to shame; and do not feel humiliated, for you will not be disgraced; but you will forget the shame of your youth, and the reproach of your widowhood you will remember no more.”

Shame off of you.

Psalms 34:5 “Those who look to Him are radiant, and their faces shall never be ashamed.”

Revelation Wellness is a community of people who want to see God, on earth, as He is in Heaven. In order to do that, we cannot have shame, because those that look to Him are radiant. We embody our imago dei and we do that wherever we go. Everywhere we go, our body goes with us. God created each of us with such purpose. Your body is the vehicle and vessel for Kingdom to come to earth.

What is the culture of Revelation Wellness?

Culture is the beliefs, social forms, and material traits of a racial, religious or social group.

We want to see Kingdom Culture: A group of people who bring their belief, in the Kingdom of God, and His multi-racial, image-bearing, diversity, to the places they live, work, study and play.

This is why if you never teach a fitness class, it's not about that. It's about getting you fit to embody the presence of God wherever you go. This is why we train. We train to be fit to contain and hold the peace of God and the power of His Kingdom. Not to have the lowest body fat, or slip into the skinniest pair of jeans, but to embody the Kingdom on earth, as it is in Heaven.

Being fit is about what we can hold and contain, not what size muscles we gain.

Revelation Wellness is on mission to train healthy and whole disciples of all sizes, shapes and colors and abilities, who make healthy and whole disciples where they live, work, study and play.



Why healthy?

Because there is disease and sickness.

Why whole? Because we are prone to fall apart when things feel hard. In this world, things will feel hard and heavy because of sin. Our goal is healthy and whole disciples and it starts with us.

Why do I have to do the fitness part?

Because the deeper story of your body is written on your body. The body keeps the score. There is a somatic knowledge that we can't know until we get in our bodies and come to ourselves and back to the God who made us. "Search me O God and know me." His Spirit is the Helper that brings life and peace. Healthy and whole disciples that bring the Kingdom to earth are not afraid of their bodies. We have to know our dis-ease before we start pointing at others. To have a heart that is fully His, we have to give Him all of it.

What you'll learn that isn't fitness:

- How to recognize how to deal with idolatry (address the obsess/neglect cycle).
- Framework for Biblical leadership- Nehemiah Bible study.
- Nutrition education and informed eating.
- How to live an embodied faith.
- Spiritual and physical practices for combating anxiety and depression.
- Body image redeemed.
- How to live and relate in healthy community.
- How to lead themselves and others in holistic wellness (mind, body, spirit).

13% of current instructors are actively teaching fitness classes.

Based on our most recent instructor survey, other ways instructors are using their training:

- To love and serve their families- 63%
- Personal development- 56%
- Personal ministry outreach- 39%
- To facilitate TWR (The Wellness Revelation either in person or online)- 39%
- To host meet-ups- 23%



You may never teach a fitness class, but look at all the ways you can make a difference in these creative ways! We bring Kingdom Culture from Heaven to earth to where we live, work, study and play.

We want to see you living the John 10:10 life! The enemy comes to steal, kill and destroy. Jesus came to give us life and life to the FULL.

Revelation Wellness Instructor Training: Get Free. Stay Free. Set Others Free.

- 2 tracks to choose from
 - Revelation Fitness
 - RevX
- 9 weeks online, at home with a 4-day virtual retreat
- Ongoing backend support
- Go to: www.revelationwellness.org/rwit to download a packet
- Sign up by July 26 for early bird pricing - save an extra \$200!
- Classes start August 9th, 2022
- Virtual Retreat Intensive is October 19-22, 2022
- Join our community of 2000+ instructors around the world
- The world needs you!