



Webinar: Make An Impact Now:

Why the World Needs Christian Health & Fitness Coaches

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Revelation Wellness' Vision: Spreading the love of Jesus through physical and mental health practices for a wholehearted faith.

Health and fitness resources are more readily available than ever before. So why is it that now more than ever, people are sick?

- Non-communicable diseases remain to be the top killer globally: cardiovascular disease, diabetes, chronic respiratory diseases and cancer.
- Obesity rates are higher than ever globally, with America being the top country.
- Metabolic syndrome (having two or more markers) of visceral obesity, hypertension, insulin resistance, high triglycerides, low HDL cholesterol, makes you 2-5 times higher to have chronic illness.
- We cannot increase the days of our lives, but we can shorten them by our unhealthy behaviors and lifestyle choices.
- 1 in 5 adults have a mental health condition, the most common being anxiety and depression. Women are 2x more likely to suffer from depression as men of the same age, with 1 in 4 being affected in their lifetime.
- Why talk about anxiety and depression? Because if you're going to talk about the body, you have to talk about the mind and vice versa. We have to consider how we think because that will affect our choices.

So why right now do we need Christian health instructors and coaches now more than ever?

Because people are sick, anxious and depressed. There is a war for our hearts and it occurs in the mind for our lives. Not being able to think, feel, and choose what's best is a broken soul issue, not a busted up metabolism issue. We can point our finger at habits all day long, but if we don't get back to the soul place of where a person dwells and lives with the God who created them, we will be chasing after the wind.

God has made man in His image and for Himself. He knows the remedy—He is the remedy!



You can't fix a spiritual condition with physical remedies. You can't fix it. Jesus is the remedy. How do we know? The Bible tells us.

Matthew 9:9-13 “As Jesus passed on from there, he saw a man called Matthew sitting at the tax booth, and he said to him, “Follow me.” And he rose and followed him. And as Jesus reclined at table in the house, behold, many tax collectors and sinners came and were reclining with Jesus and his disciples. And when the Pharisees saw this, they said to his disciples, “Why does your teacher eat with tax collectors and sinners?” But when he heard it, he said, “Those who are well have no need of a physician, but those who are sick. Go and learn what this means: ‘I desire mercy, and not sacrifice.’ For I came not to call the righteous, but sinners.”

Follow Him. We can make a living without living.

True life is found with Him alone. The gimmicks aren't going to fix a busted up soul; God can. He came for us!

Whether it's obsessing or neglecting, it's all sin.

God desires mercy, not sacrifice. People need a Shepherd to lead and guide them.

Here at Revelation Wellness, we are health and fitness coaches with mercy. We carry mercy in us like a fire. His mercy is the entryway into a life of freedom.

#1. Move your body: When you move your body in the love of God, the increase dopamine of 'I want good' becomes 'I want God.' 'I feel good' becomes 'I feel the presence of God' and 'I focus on good' becomes 'I am following God today.'

#2. Coach your mind: people don't just need to lose weight, they need to recover their identity and gain vision. People need a safe place to know and be known.

The U.S. health coaching market is anticipated to grow from 3.6 billion in 2022 to 6.94 billion by 2032.

People need a theology that includes their biology. We put our flag in the ground that it is God



first. We can do other things, practices are good, but we get to use them in light of the Lord. We have the Holy Spirit advantage.

You can't have a life dream without health. This is why Jesus came for the sick.

A health coach is a trained professional who comes alongside clients to help them make positive changes for improved health and wellbeing by creating plans. As Christian health coaches, we point people to the Way, the Truth, and the Life. Because we look to Him at the center of who we are, all these other things will line up.

Even if it just starts with you. You come because you need the movement; you need the coaching. You will learn for yourself as you learn for others.

We offer two training tracks with ongoing backend support:

Revelation Fitness and LiveWell Health Coaching:

[Instructor Training - Revelation Wellness](#)

Important Dates:

- Sign up for training by August 20 for Early Bird pricing: save up to \$250
- Registration deadline is August 30
- Training begins September 3

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