

**September, 2008**

### **What Do Cars and Cat food Have in Common?**

...advertisers use Yoga to sell them. The fitness industry is thriving on Yoga: the new fitness phenomenon, though ancient in origin.

### **Yoga Makes Me Nervous?**

Yoga is supposed to be great for stress-management, but some people are uncomfortable with Yogic religious practices, like chanting "Ohm". As a Christian worship leader who is also a professional group fitness instructor and personal trainer with 25 years of experience, Laura Monica has a unique perspective of the Yoga problem saying, "My clients, both Christian and secular, have continually expressed the desire for gentle, effective exercise, but they do not want to have to endure classical Yoga philosophy or practices. WholyFit was developed to respond directly to my clients' felt need for therapeutic exercise from a Biblical perspective".

### **Yoga without the Yoda**

Woodlands residents love receiving the benefits of original WholyFit exercises that do not contain Yoga philosophies. "WholyFit is the most effective physical fitness system I've ever practiced (- and I've taught and practiced them all: aerobics, core, weight and flexibility training, step and all types of cardio classes.) My clients are continually expressing their enthusiasm with the fitness and health benefits of WholyFit. They are finding that when they get healthy and balanced, body, soul and spirit, they get into the best shape of their lives," says Monica.

### **Bible Study in Motion**

WholyFit Devotional Exercise supports a biblically Christian lifestyle based on the Biblical practices of prayer, worship, celebration, quietness and rest. The system combines flowing exercise with creative Scripture memorization to nurture a quiet heart, powerful body, renewed mind, and a regenerated spirit. Women's ministry director Vicki Lucas of WoodsEdge Church is implementing the WholyFit Devotional Exercise Program and describes the class as a "Bible Study in Motion".

### **WholyFit Devotional Exercise Classes in the Woodlands:**

WoodsEdge Community Church  
Stonebridge, Faith Community  
First Baptist of the Woodlands

### **WholyFit Certified Teachers in the Woodlands:**

Personal trainers using the WholyFit system are in constant demand for one on one classes. Health clubs are hiring WholyFit Certified group exercise instructors at

24 Hour Fitness  
Boni's Dance Studio  
Karate Inc.  
The WAC  
YMCA

### **Better than Yoga?**

WholyFit alternative mind-body fitness is proving to be the most popular mind-body exercise in the Woodlands, drawing higher attendance averages (60 students per class) at 24-Hour Fitness than any other Yoga or Pilates class in the city and is going global. WholyFit classes are being taught in Switzerland, and last year in China and Hawaii through YWAM. WholyFit teacher training is now being sought nationwide by individuals in Ghana, Africa.

For more information please visit our website at [www.wholyfit.org](http://www.wholyfit.org)