

# Media Kit



[www.wholyfit.org](http://www.wholyfit.org)  
Ph: (281-703-3138)



**Better than Yoga...**

# WHOLYFIT

1583 Bayview Road  
Oakville, Ontario, CA L6L 1A2  
281-703-3138

"HE WAS GIVEN AUTHORITY, GLORY AND SOVEREIGN POWER; ALL NATIONS AND PEOPLES OF EVERY LANGUAGE WORSHIPED HIM. HIS DOMINION IS AN EVERLASTING DOMINION THAT WILL NOT PASS AWAY, AND HIS KINGDOM IS ONE THAT WILL NEVER BE DESTROYED." DANIEL 7:14 TNIV

## WholyFit Profile

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### Background

WholyFit is a Christian Mind-Body Fitness program that changes lives. WholyFit is professionally designed to offer total wellness for body, soul and spirit. It is a powerful, healthful devotional exercise system integrating worship, relaxed reflection, prayer and Scripture memorization.

WholyFit was developed by American College of Medicine Certified Health Fitness Specialist Laura Monica, aerobic competitor, certified Personal Trainer and Group Exercise instructor, Laura Monica, who has 30 years of experience in the professional fitness industry. Laura developed this exercise program after she was struck down in her 30's by chronic illness that devastated her energy, weight, and ability to function the simplest tasks – step aerobics, weight lifting, running and tough aerobics were no longer an option.

Over some years, Laura received gradual healing through the power of God and prayer and was able to return to teaching fitness classes but her thinking about fitness had changed from a concentration on outward oriented goals to an inward focus on health. Her heart had changed, too. To her shock and surprise, Laura would discover that her new "soft" exercise system would turn out to be what she describes as,

"...the most powerfully effective of all the many programs I have ever used in my 25 years of professional fitness experience in both the secular and Christian environments... having taught group exercise classes of all varieties and trained individuals of all levels."

### WHOLYFIT PROMOTIONAL MEDIA:

[http://s79.photobucket.com/albums/j134/lmonica/?action=view&current=previewnarmus\\_0002.flv](http://s79.photobucket.com/albums/j134/lmonica/?action=view&current=previewnarmus_0002.flv)

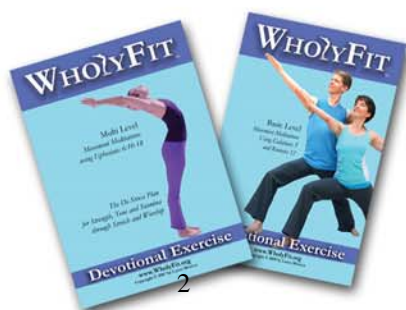
[http://www.youtube.com/watch?v=cUd\\_la5YSxU](http://www.youtube.com/watch?v=cUd_la5YSxU)

<http://www.youtube.com/watch?v=TorQo9g--XA>

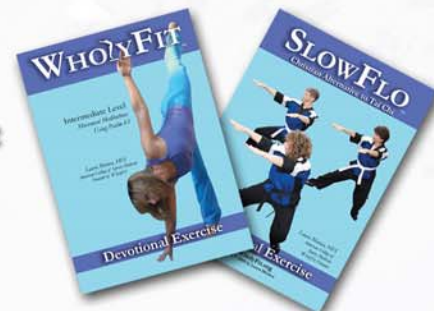
<http://www.youtube.com/watch?v=oCazc4fCxWE>

<http://s208.photobucket.com/albums/bb60/wholyfit/?action=view&current=heavenlywmp.flv>

<http://wholyfit.org/store.html>



Laura Monica, Health Fitness Specialist  
American College of Sports Medicine  
Founder and Director of WholyFit



## What Credentials are Held by WholyFit's Founder?



**Laura Monica, HFS ACSM**

**Fitness Professional  
Certified Master Instructor  
Group Exercise Programming Consultant  
Fitness Author/Performer**

**Laura Monica is the Founder and Executive Director of WholyFit Devotional Exercise, a ministry that she started in her local church, and has now spread to 50 churches and venues in U.S., Mexico, Costa Rica and Canada with 100 certified instructors. Laura has 30 years' experience as a Personal Trainer, Group Exercise Instructor and worship leader but she insists that God's deliverance from battles with depression, chronic illness and demonic attacks has proven to be the most valuable training of her life. Laura says, "I will boast in my weaknesses that Christ's power may be made evident."**

**The WholyFit Certification program, authored and developed by Laura Monica, uses online webinars and live seminars to teach two WholyFit Teacher Manuals, two Anatomy Courses for WholyFit Teachers and practical application of WholyFit-specific exercises. WholyFit Instructors reach out to the general public through exercise classes in their churches with an emphasis on helping people with depression, chronic illness and fatigue.**

**Laura continues to train instructors, has performed in four WholyFit fitness videos, writes weekly fitness tips called "WholyFit in Jesus" and offers weekly online classes on WHOLYFIT TV.**

- American College of Sports Medicine, (ACSM) HFI -Certified Health and Fitness Instructor, 2003-Current #596391
- Canadian Fitness Education Services, Tutor, Fitness Leader Educator, The Canadian Fitness Knowledge Course
- Chun Kuk Do Karate, Black Belt
- Aerobics and Fitness Association of America (AFAA) Certified Group Exercise Instructor - 1986-present
- American Council on Exercise (ACE), Certified Personal Trainer, 1991-1995
- American Council on Exercise (ACE), Certified Group Exercise Instructor, 1993-1995
- International Dance Exercise Association (IDEA) Certified Group Exercise Instructor, 1986-1990
- International Dance Exercise Association (IDEA) Gold Certified Personal, 1990-1994
- Red Cross, CPR Certified, American Heart Association, current since 1980
- Amateur Athletic Union (AAU) Competitive Springboard Diver 1977-1979

# Endorsements

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I deeply appreciate Laura Monica's commitment to offering an alternative to yoga. Before becoming a Christian, I was a student of a... guru and a teacher of Kundalini Yoga at four universities in Florida. I fully understand how the practice of yoga can carry a person into deep spiritual deception. I see Laura Monica as a Spirit-empowered missionary in a world full of new age ideas. She offers clarity on issues that desperately need to be addressed with reason, intelligence and compassion. Surely God has brought her into the Kingdom for such a time as this. Mike Shreve [www.shreveministries.org](http://www.shreveministries.org)

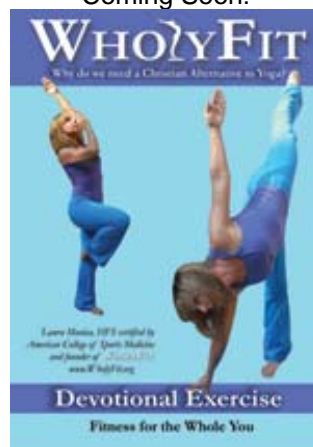
"I used to have arthritis. Just getting up and down from a chair, about 10 years ago was painful. I used to also have to go to the chiropractor twice a month. But since doing all this strengthening, and stretching I don't have to go to the chiropractor at all, and I have no arthritis in my hips at all. I feel like there is more space in my joints, therefore no pain." - M.B The Woodlands, TX

"After exercising so many ways regularly for so many years, WholyFit is the only class I would recommend to anyone that finally connects the mind, body, and soul in one. WholyFit has brought the strengthening, coordination, flexibility, balance, and cardiovascular exercise together without high stress or impact on the body. It clears the mind and cleanses the soul by giving praise to the Lord in a safe and Christian way." - L.M. The Woodlands, TX

"WholyFit allows me to be in touch with God through The Holy Spirit... Inwardly, by granting me the fruits of the Spirit (Gal 5:22-24), upwardly, by praying (Rom 8:26) outwardly, by pouring God's love into my heart (Rom 5:5) and by reminding me of the strength I obtain every day through Christ and Christ alone (Phil 4:13)." - L.P. The Woodlands, TX

"I love Wholyfit because it is the most fulfilling form of exercise. You have the opportunity to push your body and fill your Spirit at the same time. It truly is a mind, body, spirit experience and there is nothing else quite like it." - L.N. The Woodlands, TX

The WholyFit Book  
Coming Soon!



WholyFit: Better than Yoga

[Read a Chapter](#)

The "prayer card" was in Sanskrit so we had to turn to the back to read the translation. It directed we fitness professional to give our souls "completely to Shiva."

## Press Releases

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For immediate release: October 15, 2009

### WholyFit Launches New Fitness Programs

*Description:* a Bible Study in Motion  
WholyFit launches new exercise DVD's



The Woodlands, TX, October 15, 2009 - *WholyFit* Devotional Exercise introduces three new exercise DVD's: *WholyFit Basic Level Movement & Meditations* - first level workout, "*SlowFlo*" - a Christian alternative to Tai Chi" and "Intermediate Level Movement & Meditations" - second level exercise. These new videos are a welcome addition to the popular "[WholyFit Armor of God](#)" DVD that has been a [best seller on Amazon.com](#) for years.

*WholyFit* is a fitness program that fits into a busy lifestyle and also offers stress management and emotional support based on [Biblical principles](#). *WholyFit* provides all the benefits of Yoga, Pilates and Tai Chi, a mind-body fusion of strength, flexibility and stress management presented from a Biblical worldview. Videos are self-paced which means *WholyFit* videos are beginner appropriate and also highly beneficial for the elite athlete.

To find out more about *WholyFit*, visit [www.wholyfit.org](http://www.wholyfit.org). They offer subscriptions to weekly and monthly newsletters, online classes and instructor certification. DVD's are published by Deeper Revelation Books. View clips of these DVD's on [WholyFit Basics for Every Body](#), [WholyFit Intermediate](#), [WholyFit SlowFlo Christian Alternative to Tai Chi](#).

*Laura Monica*, founder and highly qualified Certified Health and Fitness Instructor and personal trainer is certified by the American College of Sports Medicine and has 25 years of experience training thousands. In addition, *Laura* is a Black Belt in Chun Kuk Do and veteran worship leader. *Laura Monica* says "WholyFit is practiced in homes all over the U.S. since 2007. WholyFit programming is spreading to churches nationwide and is especially popular in churches in Houston, TX!" According to patrons, WholyFit has proven to be especially beneficial for: Clinical Depression, Chronic Fatigue, Chronic Illness, Stress Relief and Body Toning for core, arms and lower body.

Media Inquiries to:  
Email:  
Name:  
Phone Number:

WholyFit Ministries  
[wholyfit@live.com](mailto:wholyfit@live.com)  
Pam Collins  
832-381-5408

Deeper Revelation Books  
[Vicki@deeperrevelationbooks.org](mailto:Vicki@deeperrevelationbooks.org)  
Mike Shreve  
423-478-2843

Web Address:

[www.WhollyFit.org](http://www.WhollyFit.org)

[deeperrevelationbooks.org](http://deeperrevelationbooks.org)

## Yoga Makes Me Nervous

By Laura Monica

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



...advertisers use Yoga to sell them.

Yogurt, haircuts, clothing... You can sell just about anything with yoga. It appeals to the emotional needs of our stressed out society. 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, I offer a unique perspective of the Yoga problem. 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. WhollyFit was developed to respond directly to my clients' felt need for therapeutic exercise from a Biblical perspective.



### Yoga without the Yoda?

Yoga teachings are very similar to the doctrines of that loveable little green guy on Star Wars. He might be fun to watch at the movies but his religious views certainly are not to be taken seriously. WhollyFit participants enjoy the benefits of original WhollyFit exercises that do not contain Yoga philosophies -or Yoda philosophies for that matter, but WhollyFit is much more than "yoga without the Yoda". In fact, WhollyFit is not characterized or referred to as Yoga at all. There is no need to use the marketing draw of yoga to market WhollyFit. WhollyFit 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, hi impact aerobics...) WhollyFit practitioners are continually expressing their enthusiasm with the fitness and health benefits of WhollyFit. They are finding that when they get healthy and balanced, body, soul and spirit, they get into the best shape of their lives.

### Bible Study in Motion

Women's ministry director Vicki Lucas of WoodsEdge Church has sponsored the WhollyFit Devotional Exercise Program at WoodsEdge for six years and describes the class as a "Bible Study in Motion". WhollyFit Devotional Exercise supports a biblically Christian lifestyle based on Scripture meditation (memorization), prayer, worship, celebration and rest. The system combines flowing exercise with creative Scripture memorization to nurture a quiet heart, powerful body, renewed mind, and a regenerated spirit.

### Better than Yoga

WhollyFit mind-body fitness is proving to be the most popular mind-body exercise in the Woodlands, drawing higher attendance averages than Yoga or Pilates. Teacher training is now being sought after globally with classes starting in Canada, Costa Rica and Mexico, and is

showing itself to offer applications for missionaries who have taught WholyFit in Switzerland, China and Hawaii through YWAM and other organizations. For more information please visit our website at [www.wholyfit.org](http://www.wholyfit.org).

## **Should Christians Do Yoga?**

By Laura Monica

Physical Yoga exercise is not the problem: Christians participate in yoga-type exercise all the time. In fact, you did Yoga this morning if you looked over your shoulder before backing out of the driveway. That's a Yoga spinal twist.

### **The Real Christian Dilemma**

The problem for Christians is that the "Yoga Vending Machinery" supports a Yogic lifestyle which is centered on classical Yoga philosophies. Yoga doctrines may sometimes appear to be spiritual, even Biblical-sounding, however in Yoga training, fitness instructors often find out the truth for the first time: that Yoga philosophies contain dangerous spiritual concepts that can harm the soul.

### **Feeding the Beast**

The big issue is whether we fitness professionals, as Christians should support Classical Yoga certification organizations with our time and money when we know that they historically promote anti-Christ doctrines. For example, the Yogic religious belief of reincarnation contradicts the Biblical teaching that "A man dies once and then comes judgment." (1 Peter 3:18, Hebrews 9:27)

### **The Yoga Police**

Reverse discrimination of Christian fitness professionals exists in the fitness industry because the Yoga Alliance polices Yoga certification, requiring that Yoga instructors study the philosophies inherent to the Yogic lifestyle if they want to enjoy registration and acceptance in the industry.

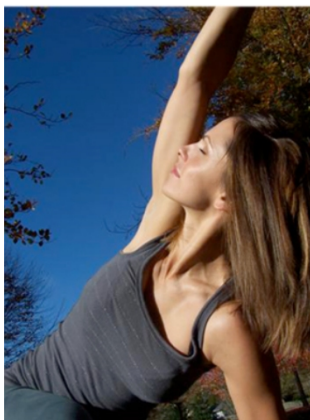
### **Who is Being Closed-minded Now?**

Those who do not wish to study the "yogic scriptures" (the works of Patanjali and the Bhagavad-Gita) or fulfill the requirements of study "and practice" of Yogic chanting and meditation are blackballed from inclusion in this organization. The Christian Bible is not accepted as fulfillment of the lifestyle/ethics/philosophy requirements. The traditional spiritual disciplines of the "Christian Lifestyle" do not meet Yoga Alliance Registration standards. I asked them. They said "No!" Yoga Vendors speak of being inclusive of all religions, but in reality, it's their way or the highway.

### **Isn't God Creative Enough?**

Why do we still pander to the Yoga machine? Do we think God has abandoned us? He always provides a way of escape so that we do not have to compromise our faith in Him. Let's start thinking outside the box.

*His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness. 2 Peter 1:3*



### **The Solution**

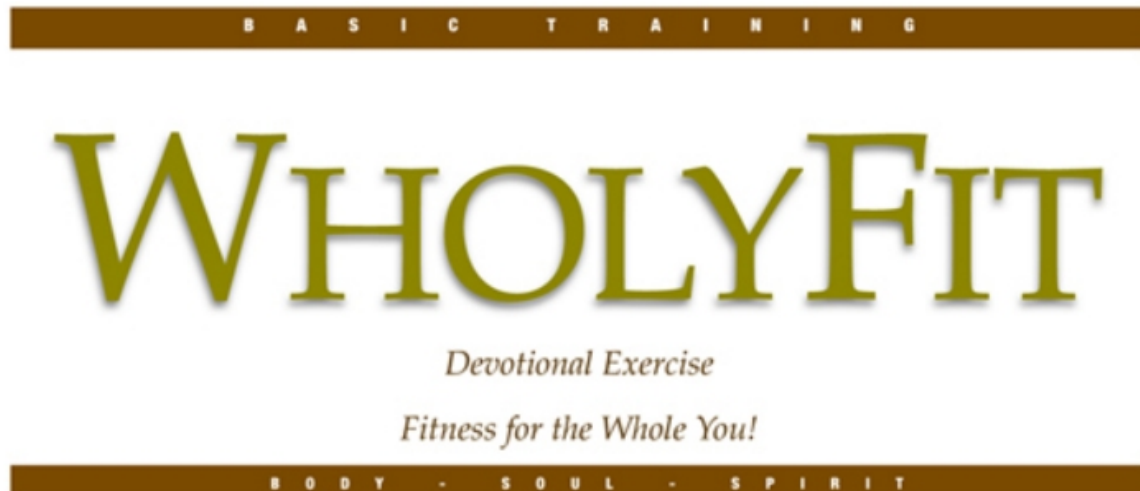
WholyFit training makes Yoga training obsolete for Christians, fitness instructors and the general public too. It's not just Christians who enjoy WholyFit. My secular clients have told me that they don't like chanting "Ohm" or the atmosphere created by Yogic religion. Christians and secular people alike appreciate access to WholyFit, a total fitness, mind-body system giving all the benefits of yoga, Pilates and Tai Chi without New Age philosophies.

*For physical training is of some value, but godliness has value for all*

*things, holding promise for both the present life and the life to come. 1 Timothy 4:8*

# Fact Sheet

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## WholyFit's Three Training Principles:

1. Physical: **Online and** in person training of *Safety, Form and Technique* for layers 1, 2 and 3 that conforms to the American College of Sports Medicine safety guidelines for group exercise.
2. Mental: online *Theory* including 2 anatomy courses, 2 WholyFit teachers' manuals, *Teaching Methodology*, business aspects of ministry including *Starting a WholyFit program at your church* and *The Canadian Fitness Knowledge Course*.
3. Spiritual: in person and online *Ethics of a Biblical Lifestyle* including 3 devotionals written by Laura Monica. Scripture Memorization is taught during the Warmup of each WholyFit routine. We also maintain community support for your ministry and pray together.



## What Certifications does WholyFit offer?

- Silver Certification - WholyFit online instructor program teaching layers 1 the Basics for new students plus in-person training with layers 2 and 3 Intermediate-Advanced, and special populations
- Gold Certification - In-Person training with layers 2 and 3 Intermediate-Advanced
- More information: <http://wholyfit.org/teacher-training.html> to become a mentor instructor
- Pro Platinum Certification- 200 hour portfolio documentation
- WholyFit Trainer - Pro Platinum Certified Instructors who certify others in WholyFit. More information: <http://wholyfit.org/teacher-training.html>

# Contact Details

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Company Name: WholyFit Ministries  
Email: [WHOLYFIT@LIVE.COM](mailto:WHOLYFIT@LIVE.COM)  
Name: Pam Collins  
Phone Number: 832-381-5408 or 281-703-3138  
Web Address: [www.WhollyFit.org](http://www.WhollyFit.org)  
Customer Service: 832-381-5408  
Canada: 1-905-963-9114

**Mailing Address:**

WholyFit Ministries  
395 Sawdust Rd.  
Suite 2155  
The Woodlands, TX 77380

**Office hours:**

10am - noon, 1pm-5pm on M, T/ 4pm -10pm on W-TH and 10am-noon on Fri



**WholyFit: Better than Yoga!**