

A woman with long brown hair, wearing a blue athletic tank top and leggings, is sitting on the grass in a park. She is stretching her right leg, holding her foot with her hands. The background is a lush green forest with sunlight filtering through the trees.

# *WholyFit*

WHOLE FITNESS:  
PHYSICAL, EMOTIONAL,  
SPIRITUAL

**WholyFit Fitness Pros for Christ is a non-profit, grass roots movement offering fitness classes, certification and videos; online or in person.**