

Health & Fitness

**Holistic health with the Bible as the foundation.
What if the body of Christ can be healthier?**



Through fitness, Jesus can be presented in a way that secular Europeans understand. The inside affects the outside. If people want to live a healthy lifestyle, the body is not the only thing in need of care. What about the mind and spirit? Fitness is a growing sector in society, and Jesus can be presented there. Many believers are members of gyms and boxes. Many tools have been created to help share their faith among training friends.

Networks are now being formed in Europe where fitness professionals such as instructors, personal trainers, physiotherapists and nutritionists that love Jesus meet and share their passions and experiences while learning together how they can be a witness for Christ through their profession and passion.

Opportunities

- There are over 60,000 gyms in Europe.
- Health issues are a matter that concerns people.
- Stress and other mental challenges are a growing issue for our European population.
- This is an opportunity for churches, organizations and individuals to get support, get connected and grow as disciple makers of Jesus in the field of health and fitness.



Who we are

It is a global team that wants to see: “Spiritually, mentally and physically strong believers who are making disciples in and through fitness in every community.”

The global team works both with professionals and enthusiasts in fitness and churches that want to use fitness as an outreach tool.



What we do

Go Fitness develops leaders who make disciples in health and fitness by:

- Serving catalytically by helping others start something that can grow
- Connecting believers in the fitness world
- Providing places for others to grow in online meetings, network gatherings and training
- Producing resources that are effective for equipping believers in the fitness world
- Serving and mentoring leaders as they grow and form networks in their countries and regions

Ways to get involved

- Prayer support
- Give financially
- Create resources
- Translations
- Encouragement
- Short mission trips
- Long term missions
- Training
- Conferences & Seminars



In whichever way you feel like you can contribute with your projects, resources and gifts, please reach out to us.

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