

Health & Fitness 2025

Connect, equip and serve fitness professionals
and enthusiasts all over Europe



Our vision:

Spiritually, mentally, and physically strong believers who are making disciples in and through fitness in every community.

Our purpose:

Develop leaders who make disciples in health and fitness by forming and supporting national networks.

Our objectives:

- 1) Develop national networks of fitness in 10 of the European countries.
- 2) Invest and mentor the catalytic leader and networker that are key in each nation.
- 3) Support trainings of new Tikva instructors and building of a national network in Germany that is growing further in to other European countries like Finland and Ukraine.
- 4) Connect → Grow → Serve local leaders. Today we have a identified 150 fitness leaders in Europe that regularly receive information about both European and global Christian fitness initiatives. We also have identified 10 key leaders in Europe that we are speaking with regularly.
- 5) Run 6 Fitness showcases on set skills and Go Fitness models to foster community.
- 6) Provide a once a year face-to-face opportunity to meet as fitness leaders to grow and learn from each other. 2025 that is part of the ECSU Gathering in Altenkirchen where there will be opportunities for the fitness network to connect and lead fitness sessions.
- 7) Pioneer fitness networks in new countries



2024 Outcomes

- A Health and Fitness Gathering in Barcelona with 28 delegates from 11 European countries.
- Supported the Tikva network that is growing in Europe with trainings of new instructors in the Netherlands and in Germany. (Tikva is a stretching and relaxation using the bible for meditation)
- A new Health and Fitness Facilitation team in ECSU with 4 leaders, from Sweden, Germany, the UK and Italy.



2025 Projects:

- We're dedicated to multiplying leaders, traveling to build networks, mentor and serve key country fitness leaders.
- 3 travels to different locations, where we hold trainings or look and listen and try to understand how to best serve that nation.
- 2 facilitators per travel



Strategic Gathering:

- Bringing together 10 key strategic and catalytic fitness leaders that can help and grow the national networks in their countries and then serve in neighbouring countries in Europe.
- The purpose of this gathering will be to explore:
- What is the next step to ensure leadership development thrives at national, city and community level?
- What does disciple-making look like at the scale of cities, towns and in gyms?
- How can we scale our efforts to see more national networks start?



Watch a short video from our last Gathering in Barcelona



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

email address: info@srsinternational.de

website: www.srsfoundation.us

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