

Health & Fitness

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.
- 7) Pioneer fitness networks in new countries



2026 Outcomes

- A Health and Fitness Gathering in Naples with 26 delegates from 10 European countries.
- An Impact Academy about fitness and health
- Regular meetings, trainings and zoom calls to keep the momentum and encourage and connect people in the world of health and fitness



2027 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



Prayer requests

- **Spiritual guidance and impact:** Pray for God's wisdom and guidance for leaders and volunteers, and that every health and fitness initiative would create opportunities to share His love and bring people closer to Him.
- **Health and transformation:** Pray that participants experience positive changes in their physical, mental, emotional, and spiritual wellbeing, and develop sustainable habits that lead to healthier lives.
- **Open doors and meaningful relationships:** Pray for opportunities to reach people and communities across Europe through fitness programs, health seminars, sports, and other activities, building genuine friendships and trust.
- **Leaders, volunteers, and partnerships:** Pray for committed leaders and volunteers, as well as strong cooperation among churches, health professionals, fitness organizations, and community partners.



 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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