

## We Believe...

- ▲ People in general are living significantly below their health, fitness, performance, longevity and quality of life potential. As one physician-author stated it: "We die too long and live too short."
- ▲ It is our choices - much more than genetics, age or gender that determine health and quality of life.
- ▲ Good health and wellness are not defined as the mere absence of disease, but rather refer to mind, body and spirit operating in harmony, with a full and balanced expression in every major area of life - physical, emotional, relational and spiritual.
- ▲ To make wellness-promoting life choices is to live as God intended - as God calls us to live.
- ▲ The Bible is our source of authority, providing the foundation and principles for living wisely and a framework for understanding and applying what we learn from valuable sources such as medical science and psychology.

## Vision

Training and supporting health, fitness & wellness professionals to fulfill the Great Commission (Matthew 28:19,20), the Great Commandment (Matthew 22:37-39) and to be a catalyst for change in the health, fitness and wellness industry as they:

- ▲ **Share** with others, their personal experience in Christ (Matthew 28:19,20)
- ▲ **Shape** and disciple other Christian health, fitness & wellness professionals
- ▲ **Serve** the needs of others (Matthew 22:39)
- ▲ **Seek** to integrate their faith into the work place, being salt & light
- ▲ **Speak** out as the trusted voice on health, fitness & wellness issues to our world

## Mission

*"Motivating, educating, and equipping the health, fitness & wellness professional to integrate their faith into their daily work and promote optimal health through Biblical principles and a Christ-centered foundation"*



*Make an impact in the marketplace for Christ by joining with us to fulfill our mission & vision in the health, fitness & wellness industry*

## Christian Wellness Association

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For additional information & application to join CWA please visit our website at [www.christianwellness.org](http://www.christianwellness.org)

**Wellness is defined as a choice – a decision you make towards optimal health – an interaction of the body, mind & spirit. Our belief is that a Christ-centered foundation is essential for optimal physical, emotional relational & spiritual health.**

**Optimal Health, Fitness & Wellness Through A Christ-Centered Foundation**



*"Motivating, educating, and equipping the health, fitness & wellness professional to integrate their faith into their daily work... Promoting optimal health through Biblical principles and a Christ-centered foundation"*



*Long life to you! Good health to you and your household! And good health to all that is yours!  
1 Samuel 25:6*

