

FREQUENTLY ASKED QUESTIONS

How long is a cycle?

10 weeks (70 days)

If I have never worked out, will there be modifications for the exercises?

Coaches will modify routines based on the individual abilities from class to class.

What does the work-out class include?

Walk and Talk, Warm Up, Stretching, Main Event, Team Game and Devotion.

Will I be on a special diet?

The first 10 days consist of a Boot Camp (no sugar, no bread, pastries, rice or potatoes and only water). After Boot Camp eat 6 meals per day, eliminate fast foods, drink 2 liters of water a day, eat until satisfied rather than full and minimize processed carbohydrates.

Can I join once a cycle has started?

All participants must start at the beginning of a cycle.

How can I sign-up for TFL?

Register online at www.stpaulsac.org

What are the guidelines regarding attire?

Cross training shoes, shorts or sweatpants, T-shirts or sweatshirts.

Men: Biker shorts are allowed if worn under gym shorts. Tank tops are not permissible.

Women: Lycra shorts are allowed if worn under gym shorts. Do not wear low cut tops or sports bras by themselves.

MODESTY IS THE STANDARD.

TFL TESTIMONIES

"TFL is just what I needed to motivate me to exercise on a consistent basis. It has also deepened my spirituality. If you want the internal as well as the external healthy...JOIN TFL!"
Janice Beasley

"Physically I have been pushed beyond what I thought my limits were, but rewarded in a manner in which my mind and body responded by gaining strength, endurance, and balance. But more importantly I am spiritually encouraged and enriched on a daily basis by the unified devotion at the end of each TFL class, the TFL daily prayer of surrender, scripture readings, in addition to my daily devotions, private walks and meditation on non TFL days." Bill Terrell

"I have struggled with my weight for some time now. I chose to join TFL after witnessing the AMAZING results my mom has achieved. I lost 14 pounds in my first cycle! My favorite part of the program is participating in the scheduled workout classes with amazing, supportive and most of all, caring Coaches. I would recommend this program to anyone who is looking for a fun, active and successful program." Diane Fairley

THE PURPOSE OF THE TOTALLY FIT LIFE:

To enhance
YOUR Life

~ ~ ~

so that The Totally
Fit Person can be
used more
effectively by
God to advance
His kingdom.

THE PURPOSE OF THE TOTALLY FIT BODY:

To take care of
your body
so that you
can live on earth
as long as God
intended you
to live.

THE
TOTALLY
FIT LIFE



Dr. Ephraim Williams
Family Life Center

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Dear Friends,

It is with great pleasure that we introduce and offer **The Totally Fit Life System** at the Dr. Ephraim Williams Family Life Center. The Family Life Center is a fully equipped, state of the art facility with trained TFL Coaches.

The Totally Fit Life System is a simple yet comprehensive fitness program which empowers people to look better, feel better and have more energy through the daily application from **The Totally Fit Life** perspective of all six areas of life:

Spiritual Fitness
Physical Fitness
Nutritional Fitness
Emotional Fitness
Mental Fitness
Directional Fitness

The Totally Fit Life is NOT just about exercise or eating but so much more... it's about the way a person thinks, feels and acts...it foster healthy relationships, spiritual growth and living a purpose filled life. The Totally Fit Life is built on the foundation of HOPE.

Please keep **The Totally Fit Life System** in your prayers.

Dr. Ephraim Williams, Pastor

THE TOTALLY FIT LIFE



10 week cycle (70 days)
(includes materials,
Totally Fit Life fitness classes
at the Family Life Center,
email accountability coach
and team)

COST

FLC Member **\$35**
non-FLC Member **\$45**



Fellowship ~ Fitness ~ Fun

DAILY ROUTINE

SPIRITUAL FITNESS

Recite the Prayer of Surrender once a day.
Meditate on Scripture daily.
Jesus was Spiritually FIT (Matthew 4)

PHYSICAL FITNESS

Exercise six out of seven days.
Jesus was Physically FIT (Luke 13:22)

NUTRITIONAL FITNESS

Eat and drink healthy.
Jesus ate a lot of fish, whole grain
breads, fruits and vegetables.
Jesus was Nutritionally FIT (Colossians 3:2)

MENTAL FITNESS

Recite the Wellness Dictums twice a day.
Jesus was Mentally FIT (Mark 6:2)

EMOTIONAL FITNESS

TOP ONE: Put One Person First
by a simple act of kindness everyday.
Jesus was Emotionally FIT (Mark 15:4-5)

DIRECTIONAL FITNESS

Work on written goals.
Jesus was Directionally FIT (John 4:34)

5 DAY SAMPLE MEAL PLAN

	Day 1 Monday	Day 2 Tuesday	Day 3 Wednesday	Day 4 Thursday	Day 5 Friday
Breakfast	Omelet with Turkey Sausage Crumbles, Peppers and Onions	Greek Yogurt Parfait	Protein Fruit Smoothie	Veggie Stuffed Omelet	Egg and Ham Muffins
Snack	*	*	*	*	*
Lunch	Strawberry Spinach Salad with Grilled Chicken	Chicken Salad and Steamed Edamame	Autumn Soup	Tuna Salad without Mayo and Kale Chips	Cranberry Walnut Salad with Grilled Chicken
Snack	*	*	*	*	*
Dinner	Philly Cheese Steak Stuffed Peppers and Fruit Parfait	White Bean Chicken Chili with Salsa Salad	Lemon Grilled Tilapia with Broccoli Slaw	Beef and Broccoli Stir-Fry	Jamaican Jerk Chicken and Black Beans
Snack	*	*	*	*	*

SNACK IDEAS

- Apple Yogurt Crunch
- Low Fat Cottage Cheese
- Serving of Almonds or Walnuts
- Greek or Low Fat Yogurt
- Hard Boiled Egg
- Veggies & Yogurt Dip
- Buffalo Blue Chicken Meatballs
- Berries, Apple, Pears, Cherries, Peaches, Apricot, Fig

