**Faith and Fitness 101**

The Fundamentals of Mind, Body, and Spirit

Health and Wellness that Saves Lives and

Pleases the Heavenly Father

**NAME:**

* Pamela Parker

**PROPOSED TOPIC: What is your book about? What story can only you tell? (In 5 words or less)**

* Faith. Fitness. Changing the World.

**BOOK GENRE: What is your category?**

* Non-fiction (Religion & Spirituality)

**PROPOSED AUDIENCE: Who are your intended readers?**

* **Children; Ages: 15**+
* **A specific population of adults:** 18+
* **A certain interest group:** Christians/Believers
* **Students or an academic group:** N/A

**OTHER**

* Faith and Fitness Enthusiasts, Faith and Fitness Instructors, Nutritionists, Mental Health and Athletic Coaches, Sports Enthusiasts, and Athletes, and Anyone Desiring to Live Healthy in the Mind, Body, and Spirit

**WHAT IS THE PURPOSE OF YOUR BOOK? Finish this statement:**

* The purpose of this book is to enlighten Believers about our roles in the faith-based wellness movement and how we can use this sphere of influence to help change the world and make an eternal impact on the lives of others.

**HOW IS THIS PROJECT DIFFERENT FROM OTHER BOOKS LIKE IT ON THE MARKET?:**

**If you have never researched other books like yours on the market, don’t make something up here; do the research!**

* My book is different because most books focus on what we can do individually to be more healthy and fit and live long, but this book will focus more on what we can do to be fit from a corporate perspective. This book is less about how long we can live as Kingdom citizens but more about how we can help ourselves and others live life fully here on earth and in eternity. This book takes the focus of our personal aspirations to live a long life but dying to self to help save souls and make disciples through faith and fitness.

**Give 5 THEMES THE READERS MIGHT ENCOUNTER WHILE READING YOUR BOOK:**

**THEME 1 - Why Faith and Fitness?**

* THIS THEME RELATES (directly or indirectly) TO MY OVERALL PURPOSE?
  + *Answer: Directly*

**THEME 2 - Faith and Fitness Basics for the Body and Mind**

* THIS THEME RELATES (directly or indirectly) TO MY OVERALL PURPOSE?
  + *Answer: Indirectly*

**THEME 3 - Faith and Fitness Basics for the Spirit**

* **THIS THEME RELATES (directly or indirectly) TO MY OVERALL PURPOSE?** 
  + *Answer: Directly*

**THEME 4** - **What’s Your WHY?**

* **THIS THEME RELATES (directly or indirectly) TO MY OVERALL PURPOSE?** 
  + *Answer: Directly*

**THEME 5** - **Your Faith and Fitness Action Plan**

* **THIS THEME RELATES (directly or indirectly) TO MY OVERALL PURPOSE?** 
  + *Answer: Directly*

**EXPANDED TOPIC: Write a 20-word or less summary of what your book is about below. STICK to 20 words or less. If you cannot summarize your book in the words allowed, your focus is likely not narrow enough: My summary is the same as the tagline of the book.**

*The fundamentals of mind, body, and Spirit, health and wellness that saves lives and pleases the Heavenly Father.*