**Faith and Fitness 101**

The Fundamentals of Mind, Body, and Spirit

Health and Wellness that Saves Lives and

Pleases the Heavenly Father

By Pamela Parker

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**Introduction:**

**I will come back to the introduction and include:**

• How the book came about

• The scope of the book (yes, somewhat similar to parts of your summary)

• Why a reader should choose your book (what problem are you solving?)

• A teaser around what is to come for the reader (this does NOT appear in a preface)

• Some author conclusions

• Think: No more than 3 pages (approx. 750-1000 words or so)

**A. Capture reader’s interest :** Test

**B. Build case through logic :** Test

**C. Topic sentence/thesis statement :** Test

**End the Introduction**

**Chapter 1 : First main point (strongest) :** Test

* 1. **Support :** Test
     1. **Example :** Test
     2. **Example :** Test
  2. **Support :** Test
     1. **Example :** Test
     2. **Example :** Test
  3. **Support :** Test
     1. **Example :** Test
     2. **Example :** Test

**C. Support:** Test

1. **Example :** Test
2. **Example :** Test

**Chapter 1 : Second main point (second strongest) :** Test

* 1. **Support :** Test
     1. **Example :** Test
     2. **Example :** Test
  2. **Support :** Test
     1. **Example :** Test
     2. **Example :** Test
  3. **Support :** Test
     1. **Example :** Test
     2. **Example :** Test

**Chapter 1 : Third main point (weakest) :** Test

* + - 1. **Support :** Test
         1. **Example :** Test
         2. **Example :** Test
      2. **Support :** Test
         1. **Example :** Test
         2. **Example :** Test
      3. **Support :** Test
         1. **Example :** Test
         2. **Example :** Test

**Chapter 1 : Conclusion :** Test

**Restate topic :** Test

**Summarize three main points :** Test

**Revisit introduction or tie all ideas together :** Test

**Example :** TestTest

**Example :** Test

**Chapter 2 : Second main point (second strongest) :** Test

**Support :** Test

**Example :** Test

**Example :** Test

**Support :** Test

**Example :** Test

**Example :** Test

**Support :** Test

**Example :** Test

**Example :** Test

**Chapter 2 : Third main point (weakest) :** TestTest

**A. Support :** Test

**1. Example :** Test

**2. Example :** Test

**B. Support :** Test

**1. Example :** Test

**2. Example :** Test

**C. Support :** Test

**1. Example :** Test

**2. Example :** Test

**Chapter 2 : Conclusion :** Test

**A. Restate topic :** Test

**B. Summarize three main points :** Test

**C. Revisit introduction or tie all ideas together :** Test

**1. Example :**

**2. Example :**

**Chapter 3 : Second main point (second strongest) :** Test

**A. Support :** TestTest

**1. Example :** Test

**2. Example :** Test

**B. Support :** TestTest

**1. Example :** Test

**2. Example :** Test

**C. Support :** Test

**1. Example :** Test

**2. Example :** Test

**Chapter 3 : Third main point (weakest) :** Test

**A. Support :** Test

**1. Example :** Test

**2. Example :** Test

**B. Support :** Test

**1. Example :** Test

**2. Example :** Test

**C. Support :** Test

**1. Example :** Test

**2. Example :** Test

**Chapter 3 : Conclusion :** Test

**A. Restate topic :** Test

**B. Summarize three main points :** Test

**C. Revisit introduction or tie all ideas together :** Test

**1. Example :** Test

**2. Example :** Test

**Chapter 4 : Second main point (second strongest) :** Test

**A. Support :** Test

**1. Example :** Test

**2. Example :** Test

**B. Support :** Test

**1. Example :** Test

**2. Example :** Test

**C. Support :** Test

**1. Example :** Test

**2. Example :** Test

**Chapter 4 : Third main point (weakest) :** Test

**A. Support :** Test

**1. Example :** Test

**2. Example :** Test

**B. Support :** Test

**1. Example :** Test

**2. Example :** Test

**C. Support :** Test

**1. Example :** Test

**2. Example :** Test

**Chapter 4 : Conclusion :** Test

**A. Restate topic :** Test

**B. Summarize three main points :** Test

**C. Revisit introduction or tie all ideas together :** Test

**1. Example :** Test

**2. Example :** Test

**Chapter 5 : Second main point (second strongest) :** Test

**A. Support :** Test

**1. Example :** Test

**2. Example :** Test

**B. Support :** Test

**1. Example :** Test

**2. Example :** Test

**C. Support :** Test

**1. Example :** Test

**2. Example :** Test

**Chapter 5 : Third main point (weakest) :** Test

**A. Support :** Test

**1. Example :** Test

**2. Example :** Test

**B. Support :** Test

**1. Example :** Test

**2. Example :** Test

**C. Support :** Test

**1. Example :** Test

**2. Example :** Test

**Chapter 5 : Conclusion :** Test

**A. Restate topic :** Test

**B. Summarize three main points :** Test

**C. Revisit introduction or tie all ideas together :** Test

**1. Example :** Test

**2. Example :** Test

**Chapter 6 : Second main point (second strongest) :** Test

**A. Support :** Test

**1. Example :** Test

**2. Example :** Test

**B. Support :** Test

**1. Example :** Test

**2. Example :** Test

**C. Support :** Test

**1. Example :** Test

**2. Example :** Test

**Chapter 6 : Third main point (weakest) :** Test

**A. Support :** Test

**1. Example :** Test

**2. Example :** Test

**B. Support :** Test

**1. Example :** Test

**2. Example :** Test

**C. Support :** Test

**1. Example :** Test

**2. Example :** Test

**Chapter 6 : Conclusion :** Test

**A. Restate topic :** Test

**B. Summarize three main points :** Test

**C. Revisit introduction or tie all ideas together :** Test

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[Go to the Book Writing](#FaithandFitness101BookbyPamelaParker)

**NOTES, IDEAS, AND THOUGHTS**

**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.*

**New Tasks and Notes**

**What do you need to do next? Are you ready to organize? Try creating a table of contents or a mind map. Are those tasks complete? Have you researched? Written lately? Make a list here for yourself or begin one of the steps listed above.**

We are a Faith and Fitness Community Accountable to Christ

SUPPLEMENTES

a. Why Designed to Please the Father

Many of us now say we want to live longer so we can do more for Christ…what good am I if I am unhealthy. There is truth to this but there is also some misconception in the mix. So, do we really think we on an individual level are that important? We are…but really? So, do we think God is more concerned with how long we live more than the impact we made with the time we had?

EXERCISE

NUTRITION

SUPPLEMENTS

https://www.healthline.com/nutrition/9-oregano-oil-benefits-and-uses

MENTAL HEALTH

SOCIAL HEALTH