FiTT

YOUR HEALTH MATTERS FOR YOUR MISSION



A life in overseas ministry is demanding. Improving your physical reserves helps you to be your best for ministry and family.

FiTT is a free virtual fitness coaching program. Join a community of global workers, get expert-led group training, and build the strength and energy you need to thrive in your calling.

October & November Classes

JOIN TRAINER SIREE

SIGNUP NOW



NOURISHMENT, MOVEMENT AND REST

Build healthier habits and greater resilience through practical guidance on nutrition, movement, rest, digestion, and emotional wellbeing.

- Fight-or-Flight vs. Rest-and-Digest
- Intuitive Eating: Hunger, Fullness, Portions
- Why Sleep Matters
- Gut-Friendly Habits & Smoothies
- Reducing Toxic Load
- Emotional Intelligence 101

OCTOBER CLASSES:
Oct 14, 21, 28 (Wednesdays)
NOVEMBER CLASSES:
Nov 4, 11,18 (Wednesdays)

2:00 PM - 3:00 PM Thailand Time

Check your time zone

Talent Trust

October & November Classes

JOIN TRAINER KEN

No experience needed

SIGNUP NOW



STRENGTH AND CONDITIONING

Strength training designed to help you stay strong for the long haul, guided by a licensed trainer.

- **Build functional strength**
- **Move without pain or stiffness**
- **Practical nutrition guide**
- **Build habits that stick**
- **Community support**

OCTOBER CLASSES:

Oct 6, 13, 20, 27 (Tuesdays)

NOVEMBER CLASSES:

Nov 3, 10, 17, 24 (Tuesdays)

10:00 AM - 10:45 AM Malaysia Time

Check your time zone



JOIN TRAINER KEVIN

No experience needed

SIGNUP NOW

LEARN TO PLAY PICKLEBALL

Build the skills and confidence to play with ease - open to all levels, men and women.

In this class, you'll learn and practice three fundamental shots:

- Dinks
- Drives
- Drops

You'll then apply them in real game situations, building the strategy and confidence to play with ease.

In-Person Class | Penang
📍 Tenby International School
🕐 All times in Malaysia Time (MYT)

Option 1: Tuesdays 6:30 PM - 7:30 PM

Nov 3, 10, 24, Dec 1, 8, 15

Option 2: Saturdays 2:00 PM - 3:00 PM

Nov 7, 14, 28, Dec 5, 12, 19

Space limited to 12

Questions? Fitt.Thrive@talent-trust.com

Talent Trust