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.

January - March 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

JANUARY CLASSES:
Jan 20, 27 (Wednesdays)
FEBRUARY CLASSES:
Feb 3, 10, 17, 24 (Wednesdays)

2:00 PM - 3:00 PM Thailand Time
Check your time zone

January - March Classes

JOIN TRAINER KEN

No experience needed

SIGNUP NOW



STRENGTH AND CONDITIONING

Strength trainingdesigned 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**

JANUARY CLASSES:

Jan 5, 12, 19, 26 (Tuesdays)

FEBRUARY CLASSES:

Feb 16, 23 (Tuesdays)
(No class Feb 2 and 9)

MARCH CLASSES:

Mar 2, 9, 16, 23 (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)

Choose your time:

Option 1: Tuesdays 6:30 PM - 7:30 PM
(Jan 5 - Feb 9 - 6 sessions)

Option 2: Saturdays 2:00 PM - 3:00 PM
(Jan 9 - Feb 13 - 6 sessions)

Limited to 12 spots

Questions? Fitt.Thrive@talent-trust.com

Talent Trust

January - March Classes

JOIN TRAINER EMILY

No experience needed

SIGNUP NOW



TOTAL BODY TONING

Open to both men and women who want to jump start their fitness journey, so they can comfortably transition to training independently afterwards.

- 14-day program with coaching, rest days, & at-home work
- Includes 10-minutes of cardiovascular exercise to elevate your heart rate
- Suitable for beginners (open to men & women)
- Designed to help build healthy, lasting habits

Starting mid January

Choose your time: 2-week program (3x/week)

Option 1: 7:30 PM - 8:15 PM Pacific Time

Check your time zone

Option 2: 9:00 PM - 9:45 PM Pacific Time

Check your time zone

Questions? Fitt.Thrive@talent-trust.com

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