



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 JACY

No experience needed

[SIGNUP NOW](#)



FUNCTIONAL MOVEMENT

- Move without pain or limits
- Protect your body for the long haul
- Show up strong for what God's called you to



OCTOBER CLASSES:

Oct 7, 14, 21, 28 (Wednesdays)

NOVEMBER CLASSES:

Nov 4, 11, 18, 25 (Wednesdays)



7:00 AM - 7:45 AM Mountain Time

[Check your time zone](#)



ACTIVE STRETCHING

Active stretching for greater flexibility and range of motion.



OCTOBER CLASSES:

Oct 7, 14, 21, 28 (Wednesdays)

NOVEMBER CLASSES:

Nov 4, 11, 18, 25 (Wednesdays)



7:45 AM - 8:30 AM Mountain Time

[Check your time zone](#)

Questions? Fitt.Thrive@talent-trust.com

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.



NOVEMBER CLASSES:

Nov 7, 14, 21, 28 (Saturdays)

DECEMBER CLASSES:

Dec 5, 12 (Saturdays)



2:00 PM - 3:00 PM Malaysia Time

Physical class, Penang

[Tenby International School](#)

SPACE LIMITED TO 12 SPOTS

Questions? Fitt.Thrive@talent-trust.com

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.

- Understanding Your Nervous System: Fight-or-Flight vs. Rest-and-Digest
- Guided Intuitive Eating: Tuning Into Hunger, Fullness, and Portions
- Why Sleep Matters: Restoring Body and Mind
- Supporting Digestive Health: Gut-Friendly Habits & Anti-Inflammatory Smoothies
- Reducing Toxic Load: Simple Shifts for a Healthier Lifestyle
- Emotional Intelligence 101: Building Awareness and Resilience



OCTOBER CLASSES:

Oct 7, 14, 21, 28 (Wednesdays)

NOVEMBER CLASSES:

Nov 4, 11 (Wednesdays)



2:00 PM - 3:00 PM Thailand Time

[Check your time zone](#)
