



# FIT FOR THE FLOCK ?!

## Health coaching for christian leaders

*Heavenly fit*

**1** GOD  
MISSION

**1** BODY  
TEMPLE

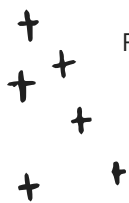
**0** TIME TO  
WASTE

"Your body is a gift from God.  
What are you doing with what the Lord has given you?"



**You only have one body to live your calling!  
Do you fulfill this responsibility?**

I will support you in finally tackling it.  
Finally lose weight, become pain-free, be more productive -  
for yourself, your family and your calling.



- 40 kg

### Your coaching for more than just life:

- specific training planning & advice
- nutritional training & advice, including cookbook and recipe database
- weekly & monthly progress analyses for training and nutrition
- regular 1:1 live coaching
- all in one place: premium app for nutrition, training, to-dos and communication with your coach



The  
"fitness.pastor"


**MICHAEL  
STEINKAMP**



Fitness instructor,  
nutritionist &  
Pastor at BFP KdÖR

**Curious? Arrange your free  
introductory meeting now!**

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