



FIT IN FAITH Leader Guide

How to run a Fit in Faith session with confidence

You do not need to be a fitness expert or a trained teacher to lead a Fit in Faith session. You need to care about the people in the room and to come prepared. This guide walks you through what a session looks like and how to lead it well.

Before the Session

- Plan ahead using the Session Outline Template. Decide your health topic, scripture, and the exercises you will use.
- Set up the room so there is space to move and a chair for everyone. Chairs matter, because seated options keep everyone included.
- Have water, handouts, and any music ready before people arrive.
- Arrive early. Being settled before people come in helps you welcome them well.

Leading the Session

Welcome people warmly.

Greet everyone by name if you can, and take a minute to see how people are doing before you begin. Open with a short prayer.

Move together.

Lead the warmup and exercises at a steady pace. Call out the seated option every time so no one feels singled out for taking it. Watch the room and slow down if people need it.

Teach the health topic simply.

Use discussion, questions, and activities instead of long explanations. People remember what they take part in far more than what they are told.

Open the scripture together.

Read a short passage, connect it to the day's topic, and invite people to share. Let there be quiet. People often speak up once they have had a moment to think.

Close well.

End with prayer, hand out the takeaway sheet, and remind everyone of the week's challenge. Thank people for coming.

Leading With Care

- Let people move at their own pace. Remind them it is fine to rest or stop.
- Never push anyone past what feels safe. Encourage people to check with a doctor about new exercise if they have health concerns.
- Keep the tone warm and welcoming. People come back for how a place makes them feel.
- You do not have to have every answer. It is fine to say you will find out and follow up.

If Something Comes Up

If someone feels dizzy, short of breath, or unwell, have them stop and sit down, and stay with them. Keep water nearby. If you are ever concerned about someone's safety, do not hesitate to call for help. Knowing where the nearest phone and exit are before you start is always worth a moment.

You are not doing this alone. Reach out to Fit in Faith any time you have a question, need an idea, or want to talk something through.
