



Dear Parents/ Guardians,

Re: 90- Day Kingdom Fitness Course for Youth & Adults

We hope this letter finds you well. We are excited to offer a Kingdom Fitness Course (KFC). It is a leadership & character development experience in Christ for youth and adults. The focus is from the inside for character and outside fitness and health. We are reaching out to youth ages 12 years old to 17 years old or 6<sup>th</sup> Grade to 12<sup>th</sup> grade. Our adults will start at eighteen (18-19) years old and above.

This course aims to empower participants with essential leadership skills, character development in Christ, as well as interpersonal abilities. It will provide a strong foundation for spiritual growth, physical fitness, and mental health stability.

The course will cover:

- Understanding Who you are
- Leadership skills and becoming a Healthy Team
- Emotional Intelligence: Managing emotions, empathy, relationships, and conflict resolution.
- Knowing the value of Healthy Mental Health
- Value of Character: Integrity, Honesty, Respect and Responsibility.

The teaching and resources will only take 3-5 days. The rest of the time we will be practicing and applying the principles taught to our personal lives and as a team. We will be ministering in skits, plays, and games in other churches, organizations, and schools. We would like to give the tools and resources in a consecutive order: For example, Tuesday, Wednesday and Thursday or Friday, Saturday, and Sunday. Another option will be to do 2-in person meetings and 2 online meetings. There will be a small team in each County. Each team will decide on what time and dates will work for that team.

**Roy & Victoria Peters**, Fitness Coaches

601.408.0551 (Text Please or leave Voice Message)

Email: [Victoria@fit2empower.org](mailto:Victoria@fit2empower.org)

There is a one-time tuition cost for the course. This will be fundraised by each team member. The 1<sup>st</sup> informational meeting will offer more details. We will bring a copy of our background check to all meetings and will require anyone who works with us or for us have a background check done to ensure the safety of working your child(ren).

There is a registration form. Please complete it, take a picture or scan it and send it back to Victoria Peters 601.408.0551 or Email: [Victoria@fit2empower.org](mailto:Victoria@fit2empower.org)

Warm regards,

**Roy & Victoria Peters**

Roy & Victoria Peters,  
Kingdom Fitness Coaches



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