



FITATUDES MINISTRIES, INC.

Collateral

Designed print collateral for FITatudes including large scale display banner, workbook, host guide, DVD jacket, CD label and flyer based on an interpretation of an existing brand identity.

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Large Scale Banner (78.8" x 33.5")

FITatudes
Live Life to the Full!

Studies show that DIETS DON'T work –
so get off your DIE-it and get ready to LIVE-it!

The solution to healthy living is GOD!
And the FITatudes will help inspire you to *Eat to Live, Live to Worship and Get Full on the Word.*

Gather your group and get started NOW!

Get your JUMPSTART BOOK & DVD

The 3 Session FITatudes Jumpstart Program offers:

- The Biblically Based 9 FITatudes guide to sustainable healthy living. Get comfort from Christ and not from food.
- Create your plan for success with our signature "Wheel of Life."
- Fast, affordable, easy food ideas and the BEST snacks when cravings come!

FITatudes is about the powerful transformation that occurs when "FIT" – Feeling Inspired Together – collides with a Godly "Attitude!"
The result FITatudes.

www.FITatudes.org

Workbook & Host Guide

FITatudes
JUMPSTART!

3 WEEKS TO A HEALTHIER YOU!

By Diana Patton & Tonja Ward

Flyer

FITatudes
Just LIVE-it!

Studies show that DIETS DON'T work –
so get off your DIE-it and get ready to LIVE-it!

The solution to healthy living is GOD!
And FITatudes will help inspire you to *Eat to Live, Live to Worship and Get Full on the Word.*

Sign Up Today and Get Your Jumpstart Bible Study Kit Now!

The Fun, Interactive FITatudes Jumpstart Bible Study offers:

- The Biblically based 9 FITatudes which are your lifetime guide to healthy living without dieting and following fitness fads.
- Solutions to get past snack when you know what to do but are not doing it using our signature "Wheel of Life."
- Fast, affordable, easy food ideas and the BEST snacks when cravings come!

Where:
When:
For more information contact:

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DVD Jacket and Label

FITatudes
JUMPSTART!

DIANA PATTON & TONJA WARD are highly sought after Christian inspirational speakers, certified health coaches and attorneys who are making the case for wellness.

This dynamic duo founded FITatudes, an international wellness ministry to help people feel inspired together as they move toward wellness with a godly attitude.

Their passion, energy and unique ability to communicate this message in a way that people can easily digest has led to life changing success for their participants. They are also authors, wives and mothers.

Studies show that diets don't work – that is unless you want to gain more weight in the future. It's time to stop the insanity – if you want a different result then you MUST do something different. FITatudes Jump Start: 3 Weeks to a Healthier You will show you how to drop the food focus "diet" mindset and Live Life to the Full by learning to Eat to Live, Live to Worship and Get Full on the Word of God. The 9 Biblically based FITatudes are a sustainable way of healthy living with a God focus. Gather your small group and watch God do amazing Health Care reform in your lives!

SESSION ONE: The 9 FITatudes and The ONE Thing
SESSION TWO: Healthy Mustn't Be Expensive or Time Consuming: Creating your Life Budget
SESSION THREE: Keep on Keepin' on! Don't Quit – Find a Way or Make One

My mantra has been "EAT TO LIVE, LIVE TO WORSHIP, GET FULL ON THE WORD!" For the first time ever, I have been getting up every day and doing my FITatude Journal, reading my Bible and praying. Before I eat, I stop and think, "Am I eating this to live?" – I have lost 7.5 pounds between Class 1 and Class 4... without dieting or a regimented meal plan.

– Ann, Ohio

I knew that I've told you and Tonja how blessed my sisters and I were to have been able to have taken your class while in Detroit at the National Baptist Convention Congress. My sister Yolanda is still very fit and very active. My sister Babble has maintained and I've lost 20 lbs with much prayer. Staying with prayer, the wheel, choices of foods and exercise has worked. Thanks for the wonderful class and encouragement.

– Barbara, TX

FITatudes
Live Life to the Full!

With Diana Patton & Tonja Ward

www.FITatudes.org

Music: The 9 Revell
DVD Production: Nick Lanciano, Something Epic Productions and Bryan Croninger
Cover Design: Weyton Hall & Co. and ThreeTrees Studio, LLC.
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