



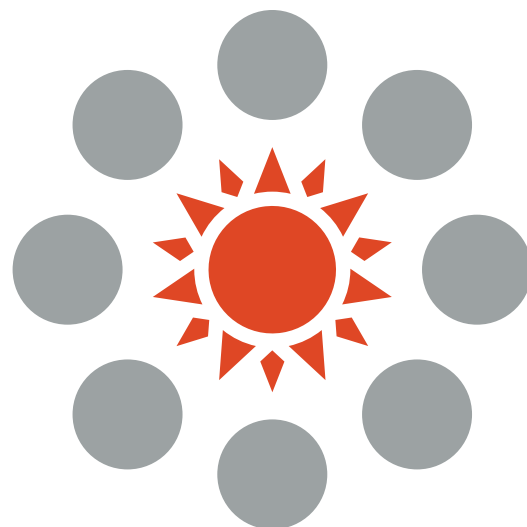
On   
Purpose  
WellBeing Center

# THE KINGDOM METHOD PROGRAM

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# THE KINGDOM METHOD PROGRAM



Are you afraid to try one more time to make a move forward to a healthier lifestyle?

Do you ask yourself why can't I just get started or keep going on a fitness and wellness program?

I know I have had my ups and downs sticking with a program was hard for me too! If you're like me, you've found everything and everyone to blame it on! That is why I created a program to make all this stop and let a healthy lifestyle fall into place.

**THE KINGDOM METHOD is a dynamic wellness program designed to give you tools if you are struggling with your body or eating patterns in guilt or shame.**

- You will learn to focus on how you can reshape your body, mind and spirit from the inside out and stop seeing the images you don't want to see.
- You can find your inner truth with a strategic plan leaving behind all the lies that are there to sabotage you.
- You will not zero in on the blame but focus on the message that has been missing.

We will look at what caused you to look at the flesh, not the truth and find your way forward. This is a year round program in 8 week increments. Your commitment is 8 weeks at a time.





# 8 WEEK PROGRAMS START SCHEDULE:

October 2020 • December 2020 / February 2021 • April 2021 • June 2021 • August 2021

## Everyone starts with Matthew and Macro and continues with the following:

- Peter and Periodization
- Muscle Strength and Ephesians
- Cardio and Esther
- Muscle Endurance and Job
- Flexibility and Psalms

## How do you move forward through the Kingdom Method?

Catherine Wilson, PT and Program Director will meet with you and set you up with:

1. A daily moving forward plan app. Have your daily workouts with you all the time!
2. One either virtual or in person personal movement session a week.
3. One coaching call a month.
4. Retreat and relaxation days between each 8 week session (virtual or in person).
5. One group gathering everyone who has been part of our community can attend on January 1st.

Use of the Healing Far Infrared Sauna for students that are doing the program in person.

## The Kingdom Method Pledge

I will allow myself to engage with an open heart, learn to break chains, and find my truth through the 5 components of Fitness and if expressed, and want, I will receive daily scripture with my daily workouts. I will step into a new lifestyle with all of my heart, strength, and mind.



**Space is limited. \$159 a month or a year for \$1800 (save over \$100).**

No matter where you live, no matter where you are starting from, no matter what lies you hear, The Kingdom Method is possible!

**Add these movement classes to participate in person or virtually for \$20 per month (recorded for your viewing convenience)**

Learn how to recreate your body to be strong, your heart to be healthy and your mind to be sharp with these classes:

- Cardio Cassettes – HIIT: Friday 5:30 pm / Saturday 8 am
- Muscle Strength Classes – Fit Camp: Monday / Friday 8 am
- Muscle Endurance Classes – Pound Strong: Tuesday 5:40 pm
- Flexibility Classes – Grace and Balance: Tuesday / Thursday 7:30 am

**To find your healthy self through The Kingdom Method contact Catherine Wilson at 207.222.0142.**

*Catherine Wilson*

Do Everything On Purpose!  
On Purpose WellBeing Center

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