



# FUNCTIONAL INTEGRATED THERAPY FOR LIFE

## TRAIN YOUR MIND, TEST YOUR BODY, LIFT YOUR SOUL

### SOARFIT

The mission of **SOARFIT** is to be the nation's leading advocate for the integration of physical, emotional and educational health. **SOARFIT** will provide education and credentialing to those educators, coaches, trainers, doctors and clinicians striving to achieve optimal results in their students, athletes, clients and patients by taking into account the various modalities that create success. Becoming a Board certified **SOARFIT** professional will provide you with resources, low cost continuing education opportunities, and a forum to network with your fellow professionals.



### Creation of **SOARFIT**:

*From the beginning of time, our species has had to determine ways to heal, psychologically, spiritually, and physically. Through the evolution of education, fitness, medicine, and psychology, we have mastered a variety of educational training, coaching, health and treatment strategies that allow individuals to enhance their mental well being and focus.*

In addition, society has become more health and fitness conscious, despite the fact that many of us do not execute this wealth of knowledge that is available to us daily. To improve our overall well being. It is a fact that physical activity becomes a viable, healthy replacement for unhealthy habits and emotions that individuals develop. Research studies have substantiated this repeatedly.

The need for an integrated, multi-disciplinary approach is crystal clear. In fact, the most successful people globally are individuals and groups that have embraced the need for psychological wellness, spiritual well being and a healthy, fit lifestyle. Top athletes, executives, health care providers, mental health professionals, educators, athletic and performance coaches assimilate all of these imperatives into their lives each day to maximize their health and performance. Medical centers, academic institutions and centers for physical and substance abuse recovery also strive to introduce these modalities to their students, clients, and patients to optimize their success.

Fortunately, many of you already integrate these techniques and demonstrate your belief in working on the "whole" individual to enhance focus and awareness. Training skills are the goal, with which to increase the knowledge base, as well as physical, mental and academic performance. These new skill sets can be used as a viable tool for recovery from illness and addiction while you help galvanize individuals' commitment to a healthy lifestyle.

