

## **Fit 4 Ever: Nutrition God's Way**

I recently had the pleasure of speaking with **Dr. Rex Russell**, author of *What the Bible Says About Healthy Living*. Dr. Russell has personally experienced the FCA ministry in many ways since his first encounter in 1959 at an FCA conference. At that conference, the theme was “Be a Witness,” and it encouraged those in attendance to use everything in their lives to testify to God’s grace. That conference changed the way Russell approached sports and life.

### **Bible Reference:**

Psalms 139



Fellowship of Christian Athletes © 2024  
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909  
Comments or Questions, [fca@fca.org](mailto:fca@fca.org)  
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

---

**Source URL:** <https://fcaresources.com/article/fit-4-ever-nutrition-gods-way>