

## **Fit4Ever: Food for Thought**

*“Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.”* – Philippians 4:8 (NIV)

Almost every credible source links the foods we eat to our moods, our ability to focus, our energy levels, and our athletic and academic performance. It even affects how we think, which, in turn, affects almost every area of life from our relationship with God to our ability to perform under pressure and overcome challenges.

### **Bible Reference:**

Philippians 4



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