

Fit4Ever: Training Aimlessly

?...I do not run like one who runs aimlessly?Instead, I discipline my body and bring it under strict control, so that after preaching to others, I myself will not be disqualified.? - 1 Corinthians 9:26-27

?Living without a purpose and a plan is like sailing a ship without a rudder?you?ll float aimlessly in circles and go nowhere.? ? Unknown

Don?t you just love that quote? Personally, I believe it paints a great word picture for life, especially as it pertains to our physical health.



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