Home > Fit 4 Ever: Body Fat vs. Body Weight

Fit 4 Ever: Body Fat vs. Body Weight

Our culture is consumed with how much people weigh. In fact, the topic of losing weight shows up on magazine covers, newspaper articles and even in network television shows such as "The Biggest Loser." It's amazing just how much power the number on the scale has to ruin a day!

Bible Reference:

1 Samuel 16



Fellowship of Christian Athletes © 2025 8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909 Comments or Questions, <u>fca@fca.org</u> <u>Privacy Policy</u> | <u>Report a Problem</u> | <u>Copyright</u>

Source URL: https://fcaresources.com/article/fit-4-ever-body-fat-vs-body-weight