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[Home](#) > Fit 4 Ever: Body Fat vs. Body Weight

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## **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



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