

Fit 4 Ever: Crash and Burn

In sports today, everything a pro athlete does is under a microscope. Every single day newspaper headlines scream about another athlete who has crashed and burned. Sometimes it's part of their personal life, while other times it's directly related to his or her sport. Either way, we have access to information about virtually everything these athletes do. Their lives are in full view.

If we're honest, I don't think any one of us would want that kind of scrutiny and spotlight on our lives. We all sin. And since our mistakes don't usually make the headlines, it's easy for us to think that we're getting away with them and just sweeping them under the rug. But, like I tell my kids, the truth always comes out.



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