

Fit 4 Ever: The Healthiest Year of My Life

I love the story of the underdog. I love to read articles or watch movies that tell inspiring stories of people who have faced challenging odds or amazing obstacles and have triumphed in the end. It is a testament to what is possible for those who believe — for those who sacrifice, strive, strain and never give up.

If we are honest, a lot of us feel like we are underdogs when it comes to our health.

Bible Reference:

Proverbs 14



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