

## **Fit 4 Ever: From Intention to Action**

One thing I've realized in my life is that I have great intentions. And I would imagine that the same is true for most of us. We make resolutions, we make commitments, and we set goals that we intend to keep. If we're really good, we even give someone else permission to hold us accountable and make sure that we do the things we say we are going to do.

Most of us truly want to experience God's best. We want to get healthy. We want to honor God with our bodies. We want to take care of His temple. But somehow we just don't get it done. And in our country, we have access to more opportunities than in any other country on the planet. Whether it's information, entertainment, technology or even food, we have convenient access.



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8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909  
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