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## **Fit 4 Ever: Nutrition God's Way**

I recently had the pleasure of speaking with **Dr. Rex Russell**, author of *What the Bible Says About Healthy Living*. Dr. Russell has personally experienced the FCA ministry in many ways since his first encounter in 1959 at an FCA conference. At that conference, the theme was “Be a Witness,” and it encouraged those in attendance to use everything in their lives to testify to God’s grace. That conference changed the way Russell approached sports and life.

### **Bible Reference:**

Psalms 139



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