

Published on *FCA Resources* (<https://fcaresources.com>)

[Home](#) > Fit 4 Ever: Top 8 Things You Can Do to Get in Shape

---

## **Fit 4 Ever: Top 8 Things You Can Do to Get in Shape**

Remember those things that we were so committed to doing at the start of 2006? You know, those resolutions? Some of us may have resolved to read the Bible more or to pray every day while others may have made commitments to get in shape or to lose weight. Whatever our New Year's resolutions, chances are good that by now we've already broken or forgotten them altogether. So with all these good intentions, why is it always so difficult to actually do what we say we are going to do? With respect to our health, most of us have heard and know what we need to do to get in shape. But hearing, knowing and doing are very different things!

### **Bible Reference:**

James 1



Fellowship of Christian Athletes © 2025  
8701 Leeds Road | Kansas City, MO 64129 | 800.289.0909  
Comments or Questions, [fca@fca.org](mailto:fca@fca.org)  
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

---

**Source URL:** <https://fcaresources.com/article/fit-4-ever-top-8-things-you-can-do-get-shape>