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## **Fit4Ever: Training Aimlessly**

*"...I do not run like one who runs aimlessly...Instead, I discipline my body and bring it under strict control, so that after preaching to others, I myself will not be disqualified." - 1 Corinthians 9:26-27*

"Living without a purpose and a plan is like sailing a ship without a rudder—you'll float aimlessly in circles and go nowhere." – Unknown

Don't you just love that quote? Personally, I believe it paints a great word picture for life, especially as it pertains to our physical health.



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