

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

[Home](#) > [Fit 4 Ever: Put Your Health to the Test](#)

---

## **Fit 4 Ever: Put Your Health to the Test**

“It makes me feel good that FCA cares about it’s people!”

That was a common statement after a week of clinical exercise testing at the FCA World Headquarters in November. This effort, led by the FCA Health & Fitness Ministry, was designed to help our FCA team improve its health so that everyone involved could have the strength and energy necessary to perform at the highest level. FCA President Les Steckel put it best: “We believe that our initiative to serve our people on the front-edge of ministry will define us as an organization that genuinely invests in the personal and professional development of its people.”

### **Bible Reference:**

1 Corinthians 6



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-put-your-health-test>