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Fit 4 Ever: The Fitness Answer Man!

Once people find out that I serve in the FCA Health and Fitness Ministry, I get bombarded with questions about everything from food to fitness equipment, exercising to eating right, calories to carbohydrates. If I am eating out, people watch what I eat and ask me if it is OK to order certain entrees. And frankly, I love it! It gives me countless opportunities to help cut through the confusion and restore some basic truths about how to take care of our bodies the way God intends.

So, this month's column is all about questions and answers.

Bible Reference:

Proverbs 15



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