

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

[Home](#) > [Fit 4 Ever: The Healthiest Year of My Life](#)

Fit 4 Ever: The Healthiest Year of My Life

I love the story of the underdog. I love to read articles or watch movies that tell inspiring stories of people who have faced challenging odds or amazing obstacles and have triumphed in the end. It is a testament to what is possible for those who believe — for those who sacrifice, strive, strain and never give up.

If we are honest, a lot of us feel like we are underdogs when it comes to our health.

Bible Reference:

Proverbs 14



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

Source URL: <https://fcaresources.com/article/fit-4-ever-healthiest-year-my-life>