

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](mailto:fca@fca.org)  
[Privacy Policy](#) | [Report a Problem](#) | [Copyright](#)

---

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