

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

[Home](#) > Fit 4 Ever: Nutrition God's Way

Fit 4 Ever: Nutrition God's Way

I recently had the pleasure of speaking with **Dr. Rex Russell**, author of *What the Bible Says About Healthy Living*. Dr. Russell has personally experienced the FCA ministry in many ways since his first encounter in 1959 at an FCA conference. At that conference, the theme was “Be a Witness,” and it encouraged those in attendance to use everything in their lives to testify to God’s grace. That conference changed the way Russell approached sports and life.

Bible Reference:

Psalms 139



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-nutrition-gods-way>