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## **Fit 4 Ever: Nutrition and Training**

Preparation is one of the most important aspects of our spiritual lives. In fact, knowing how you will respond when faced with various situations or temptations will often determine your ability to stand firm in your faith.

Preparation is also one of the most important aspects of training for competition on the athletic field. The quality of our nutrition before practice or training can have a profound effect on our ability to get the most out of our workouts and get ready for competition.

### **Bible Reference:**

1 Peter 1



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