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## **Fit4Ever: The Truth about Wellness**

If you've never seen the movie *Secondhand Lions*, don't read the next paragraph. I'm about to spoil the ending.

At the end of the movie, the film's two wildly adventurous uncles have died in an attempt to fly their biplane upside-down through their barn door. When the local sheriff breaks the news to their nephew, Walter, the sheriff says, "They had a good, long run. They went out with their boots on." A young boy who had heard stories of the uncles' adventures turns to Walter and asks, "They really lived?" His response: "Yeah. They really lived!"

### **Bible Reference:**

1 Timothy 4



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