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## **Fit4Ever: Be a Finisher**

When someone starts a program aiming to get healthy or lose weight, there is always energy, excitement and enthusiasm right out of the blocks. They encounter success early, saying things like, "I feel so great!" or, "I have so much more energy," or, "I'm stronger, my moods are better, and I'm even sleeping better." Everything is better. They have made enough changes with food and exercise that they really do feel better, and people are starting to notice.

### **Bible Reference:**

2 Timothy 4



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