

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

[Home](#) > Tips From The Top - FOOD 2

Tips From The Top - FOOD 2

Is the Food we eat really that important? If you ask the fittest people, the answer is YES!



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/podcast/2008/09/10/tips-top-food-2>