



Fit for Good: Eternal Principles, Patterns, and Practices of Fitness Success (Paperback)

By H Rich Tenney, Liz Tennyson

CFI, 2017. Paperback. Condition: New. Reprint. Language: English . Brand New Book. We know the gospel changes lives--now let it change your body too! Fitness guru Liz Tennyson and Dr. H. Rich Tenney use gospel principles to help you improve your personal motivations, habits, and behaviors. Whether you want more energy to keep up with your kids or a longer life to serve others, becoming physically fit is a righteous desire and a perfect opportunity to experiment upon the Word of God.



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