



The Greatest Exercise Program The Greatest Exercise Program in the World !!!

How do you get into great shape?
With a fantastic exercise routine, of course.
Here's how it works...

To feel energized, get up and
run to the Lord Jesus.
He's the ultimate life-giver.



To build your strength, have **faith** in
the Lord. He will support you.



To flex your
muscles, **spea**k God's
Word. It can move
mountains!



To firm up, **anch**or yourself
in Christ's love.
It will lift you up.



To have better coordination, **skip** to God's praises.
Your timing will always be perfect.

*And to be your very, very best, reach for Heaven.
It's the highest goal.*

*"But those who hope in the LORD will renew their strength. They will soar on wings like eagles;
they will run and not grow weary, they will walk and not be faint." — Isaiah 40:31*