



FIT FOR CHRIST

PHILIPPIANS 4:13



Liz and Jim Faison

*Do you want to honor God in your spirit,
mind and body?*

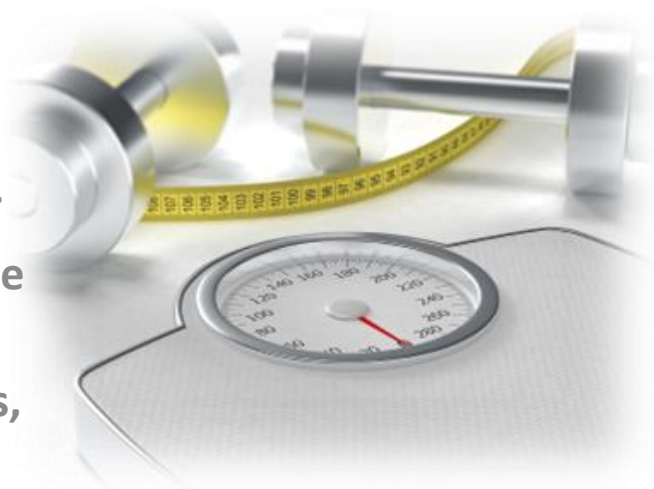
*Are you interested in taking your fitness
program to a higher new level?*

*Would you like to have a personal trainer
that understands your commitment to
Jesus?*

Fit for Christ seeks to glorify the Lord in all that we do.

We offer:

- personal training: women training women and men training men
- boot camps opened and closed with prayer
- nutrition programs that teach you to eat the way the Bible says to eat
- wellness programs for individuals, churches, ministries and businesses



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