

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

Dr. H. Rich Tenney

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Fit for Good: Eternal Principles, Patterns and Practices of **Fitness Success**

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Fit for Good: Eternal Principles, Patterns and Practices of Fitness Success Dr. H. Rich Tenney DISCOVER AND APPLY THE DOCTRINE THAT WILL FUEL YOUR PHYSICAL FITNESS EFFORTS FOR GOOD When you truly understand and live the doctrine of Jesus Christ, motivations, habits, and behaviors can change. Your life can improve. Does that include improving your fitness behavior? It does! With life stories that are sure to create a chuckle and warm your heart, Fit for Good will introduce you to the eternal principles, patterns, and practices that will enable you to overcome fitness failure. Whether you desire to lose weight or improve your health, this Latter-day Saint based book can help you become physically Fit for Good.



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