

10 EASY WAYS TO GROW YOUR FITNESS AND YOUR FAITH

FITNESS & FAITH

- Fitness: Increase your water intake to 100oz per day. Flush out those toxins and get your metabolism going!
- Faith: Get a daily Bible dose in any form (Bible, phone or tablet app, podcasts, tv, online sermons etc.)

Even a hard-boiled egg will do!

- Fitness: Increase your daily activity/exercise by 10% of what you are currently doing. 10% adds up!
- Faith: Build your spiritual support network. Join a small group Bible study - online or in person.

- Fitness: Speed up your metabolism by eating a high-protein breakfast every morning.
- Faith: Become a prayer warrior! (On your own or in a prayer group.)

- Fitness: Improve your digestion. Switch dairy milk to non-dairy alternatives (almond, coconut, cashew, soy)
- Faith: Dust off your old Bible and get reacquainted or buy a new themed study Bible.

- Fitness: Invest in yourself. Join a gym and/or hire a personal trainer for a weekly commitment.
- Faith: Let praise fill your ears daily. Set your local Christian radio station to the #1 spot in your car.

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