



Fit for Eternal Life

Kevin Vost

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Is your spirit faithful but your flesh flabby? Has your Temple of the Holy Spirit begun to creak and crumble? Then let *Fit for Eternal Life* show you how to build it up again.

Most any workout book can help you bulk up or slim down, but only here will you find a truly Christian approach to physical fitness. As Catholic psychologist and veteran bodybuilder Kevin Vost (author of *Memorize the Faith!*) reveals, God's command to be perfect applies not only to our moral life, but also to our bodies. By Him we were wonderfully made as creatures corporal and spiritual. The stronger and more enduring we make our bodies, the better we imitate Christ in whom perfect physical strength, endurance, and beauty were incarnated.

Best of all: it doesn't take a lot of time, special knowledge, or fancy equipment to do it. Dr. Vost explains the basic principles of strength and endurance training in a way you can understand (even if you haven't been in a gym for years or ever), and then helps you assemble an effective, personalized workout program that can be performed in as little as twenty minutes per week, leaving you plenty of time (and energy) to be an active Christian parent, spouse, and disciple.

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Kathy Graves:

The book with title Fit for Eternal Life has lot of information that you can understand it. You can get a lot of gain after read this book. This kind of book exist new information the information that exist in this book represented the condition of the world at this point. That is important to yo7u to understand how the improvement of the world. This kind of book will bring you with new era of the the positive effect. You can read the e-book on your smart phone, so you can read the item anywhere you want.

Thanh Johnson:

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Bertha Morrison:

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