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More questions?

Contact Pastor Zach McIntosh at ZachM@concordia-satx.com.

*Join us next week for another...
"Fit for Life!"*

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Fit



for Life



Caring For The Temple
Doctor David Player
February 21, 2010

**Fit for Life!
Caring For The Temple
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Basic Premise: We are fearfully and wonderfully made - *Psalm 139: 14*

Care for what was fearfully and wonderfully made
I Corinthians 3:16, 17

II Corinthians 6:16

The Basic Components of Caring for the body

A. Management of Body Composition

B. Physical Activity and Fitness

C. Nutrition

D. Avoid Poisoning

E. Spiritual Health ---Care for your soul

F. Health Screening—What should we measure and how often

Adult • Bible • Class

