

FITNESS STUDY GUIDE: STRENGTHENING YOUR BODY

In this four-session video-based Bible study (DVD/digital video sold separately), The Daniel Plan team explores both the spiritual and the health benefits of following a healthy lifestyle by focusing on the third essential of The Daniel Plan: Fitness. Sessions include: Becoming Daniel Strong, Discover Movement You Enjoy, Get a Metabolic Makeover, Breaking through the Wall. Each session will highlight testimony from those who have...



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Fitness Study Guide: Strengthening Your Body

Author	Rick Warren
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