

# Faith & Fit: Sign Up!



*Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers. 3 John: 2*

Faith & Fit is a wholesome biblical approach to life. Singularly, each quality is important, but the melding of a healthy spirit and a healthy body is the best preparation for a fruitful life in Christ. Faith & Fit, created by Mary Kane and Jane VanOsdol of OnlyByPrayer.com, is a daily two-week **online Bible study** and fitness program that **begins on Monday, September 8, 2014**. Each day includes:

- Two **Everyday Faith** challenges (a short video teaching and scripture reading and study questions) and
- Two **Everyday Fit** challenges (a physical challenge and a food challenge).
- **Extra Faith** and **Extra Fit** options that integrate a **spiritual discipline** and a **target fitness video**.
- **Live Weekly Community Call**
- **Private Facebook page for attendees**
- **Recommended Reading**
- **Tip of the Week**

Sign up by yourself or grab your friend, mom, or sister to join you on your journey to wellness! We'll also enjoy community on our private Faith & Fit Facebook page. You can announce your spiritual and wellness successes, share your struggles, and post your prayer requests.

# Only \$10! Sign Up Here for Faith & Fit:

**NOTE!! If you do not have a PayPal account you may sign up using a credit or debit card by following the instructions below.**

1. Choose the option that says *Have a PayPal account?*
2. Ignore the email and PayPal password fields and hit the login button
3. After you hit the login button a new tab should pop up below that offers the option of paying with a credit or debit card or Bill Me Later.



\*As with any fitness program, please check with your doctor before joining to make sure you are healthy enough for physical activity, as Only By Prayer, Mary Kane, and Jane VanOsdol can not assume any liability for any injuries you may incur.