

The Diocese of Orlando Introduces

Faith Fit

A New App to be Healthy
– Body, Mind and Soul

“Holiness is about being wholly integrated, body, mind, and soul. Faith Fit is unique in its approach of caring for the whole person.”

- Bishop John Noonan

“Your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own”

1 Corinthians 6:19



It's an App!

Available for download at
iTunes and Google Store

It's a website!

www.befaitffit.org

FAITH FIT OFFERS

- Health Tips
- Daily Inspiration
- Prayers
- Activity Tracker
- Weight Tracker

Faith Fit provides information about the human person, the value of human life and the wholeness of each person that God intends for humankind.

Faith Fit was created by the Diocese of Orlando which seeks to help all Christians enkindle a deeper faith so they may be strong and healthy leaders in Christ.

