## This Lent Become...



A New App to be HealthyBody, Mind and Soul



"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









## **SIGN UP**

to receive daily email with inspirational message to improve your health - body, mind and soul.

Visit www.befaithfit.org.

## It's an App!

Available for download at iTunes and Google Store

It's a website! www.befaithfit.org

## **FAITH FIT OFFERS**

Health Tips
Daily Inspiration
Prayers
Activity Tracker
Weight Tracker

