



# Perfect Fit : Weekly Wisdom and Workouts for Women of Faith and Fitness

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As ungodly depictions of beauty and carnal portraits of wellness saturate our society, young women are falling prey to secular notions of health and fitness by failing to view and treat their bodies from a Christ-centered perspective. Perfect Fit reveals and elucidates relevant biblical truths, presents powerful, heartfelt testimonies, and demonstrates fun, effective workouts that inspire women to embrace and exemplify Gods best for our bodies.