

Want to change your life ?

Start with your mind !

Romans 12:1

Therefore , I urge you, Brothers and Sisters in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God – This is your true and proper worship.

For change to happen in any area of your life, whether it's financial, educational, mental or relational, you have to begin with the physical.

Why ?

Because your body affects your behavior. Your moods and your motivation. Your physiology can actually affect your Psychology.

Keeping your body in shape is an act of worship