



Healthy Holiday Living (First Place 4 Health Bible Study Series)

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When most people think of the holidays, fitness and healthy eating are not the first things that come to mind! But it is possible to celebrate Thanksgiving, Christmas and the New Year with family, friends, fun and good food while still maintaining a healthy lifestyle. Healthy Holiday Living is a six-week Bible study that will inspire readers to eat right and stay active through the winter holidays. Each daily reading offers motivation and encouragement to avoid the unique temptations of the holiday season and to maintain balance in the four core areas of life: emotional, mental, physical and spiritual. For First Place 4 Health members and other readers, the holidays don't have to be a time of regret. Instead, rejoicing is on the menu!

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