

## *Pray for a Better Body*

*Pray for a Better Body* is a guide for those who wish to achieve spiritual, mental and physical well-being by utilizing God and Universal Prayer. We all worship the same God, who is known by many names, including "the Universe." All beliefs are valid if they lead to a healthier, happier place; and serve you while harming no one else.

Fitness makes for a more complete you. Losing just five percent of your excess body weight is one of the best ways to reduce your risk for heart disease and other health-related issues. Being fit gives you enthusiasm and physical strength, both of which increase



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spiritual strength -- which we define as your relationship to God, the Universe, and others.

*Pray for a Better Body* leads you down the path to both physical and spiritual strength. Following that path can lead you to a happier, more fulfilling life!

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**A Spiritual Guide to Health and Fitness**

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