

Is Your Church Prepared for the Challenges Ahead?

Personal fitness is on many people's minds at the beginning of a New Year. A recent poll found that 12 percent of those who make New Year's resolutions want to lose weight, 9 percent want to exercise more, another 9 percent want to eat healthier, and 7 percent want to improve their overall health.

It's not only individuals who can benefit from these types of goals, though. Churches would also benefit from an evaluation of their overall "fitness."

There are many aspects of church fitness that many do not take the time to consider, but they could be hurting the health of local churches in the long run. [Read more here.](#)