



# Christ Walk: A 40-Day Spiritual Fitness Program

*Anna Fitch Courie*

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"What's better than feeding your soul while developing healthy practices for your body and mind? Christ Walk outlines a 40-day program for individuals and groups to focus on improving physical health while engaging in spiritual and mental reflection and growth.

Individuals and groups select different biblical routes to complete (through walking, running, biking, etc.), while reading a reflective passage on health and spirituality each day of the journey. Each chapter is a daily meditation on different aspects of mind, body, and spiritual health tied to biblical teachings and Christian traditions. The appendices include options for groups and individuals to transform their Christ Walk experience from journey to journey."

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