



FAITH, FREEDOM, & FITNESS

ABOUT US:

Strong Life 610 is an online Christian ministry for strength athletes focused on the fusion of “Faith, Freedom, & Fitness.”

“Be strong in the Lord, and the power of His might.”
Ephesians 6:10

Mission Statement

The mission of Strong Life 610 is to expose, equip, and encourage our brothers and sisters in iron on their quest to grow and mature in their personal relationship with Jesus Christ.

EXPOSE the connection between faith, freedom, and fitness

EQUIP lifters as they grow and mature in body, mind, and spirit

ENCOURAGE strength athletes throughout their physical, mental, and spiritual quest to honor the Lord Jesus Christ



Vision Statement

The vision of Strong Life 610 is to honor Jesus Christ as we grow and mature in body, mind, and spirit.

BODY glorifying the Lord Jesus Christ through physical fitness

“Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God. You are not your own; you were bought at a price. Therefore, honor God with your bodies.”

1 Corinthians 6:19-20

MIND discovering the Lord Jesus Christ in America’s founding and its necessity today across the globe

“Blessed is the nation whose God is the Lord.”

Psalm 33:12

SPIRIT deepening our personal relationship with the Lord Jesus Christ

“Now this is eternal life: that they know You, the only true God, and Jesus Christ, whom You have sent.”

John 17:3



Contact Us

SL 610 Ministry Team:

Caryn Tshontikidis (far right)

Dr. Spero Tshontikidis (left)

Pictured with Teenage World Champion, Faryn Antenucci



Call / Text:

(321) 505-1194

Email:

stronglife610inc@gmail.com

Website:

www.stronglife610.net

Truth Social:

Spero@StrongLife610