

# FAITH & FITNESS

MAGAZINE  
faithandfitness.net

April/May 2016

**enliven**  
Multiethnic faith and fitness  
resources

## NUTRITION

Faith And Flavor - Ethnic  
Dishes To Tempt Your Taste  
And Fortify Your Spirit

## CHURCH FITNESS

**REACH**  **gathering**  
CHURCH • SPORTS • UNLEASHED  
in Memphis  
Helping Local Churches  
Envision, Start Up And  
Grow A Fitness Ministry

## WELLNESS

How To Start A  
SPA Ministry

**Antoniette Pacheco**  
**CALISTHENICS** For  
Strength And Flexibility  
In God

**50+**

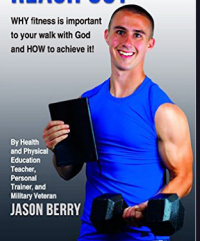
Redefining Fitness  
Through DANCE



**Jason Berry**  
Be Transformed  
In Body, Life  
And Mind

## WORKOUT TO REACH OUT

WHY fitness is important  
to your walk with God  
and HOW to achieve it!



By Health  
and Physical  
Education  
Teacher,  
Personal  
Trainer, and  
Military Veteran  
**JASON BERRY**

# Let All Creation Zing!

Make fitness lively with the creative zest of God.



**EcoPrint**  
Edition

**TRAINING**  
SUSPENSION TRAINING –  
Get The Hang Of It