

The Lust For Life

look good,
feel good,
BE GOOD!

CHARACTER STRENGTH

Your Moment
Of Glory

*The
Imagine
Center*

you'll get a
workout
at this
church

DREW WATERS

Stretching for the
prize – Chasing
the passion

enliven
Multiethnic faith and fitness
resources

From our new
Enliven Department
Ruby Carter-Pikes
NO EXCUSES

+ New Design, New Blogs,
New Social-Sharing, New Music,
New Videos ... You Get The Idea!

25

Ways To Be A
Fitness FUNatic

This EcoPrint magazine delivers many pages of content on a single sheet – better stewardship of the planet God has given us. Use a QR code scanner app on your mobile device to access the resources. CONTACT US to order bulk quantities of EcoPrint.



Drew Waters Chasing The Passion

Drew is fueled by faith and fitness. As a boy he worked with family to build a home. He's done high school and college sports. He's served in the military and walked fashion runways as a model. He's also a personal trainer. Today as a film and television producer, he's stretching to inspire others. Chase your passion too.



Brad Bloom
FEATURE



PODCAST

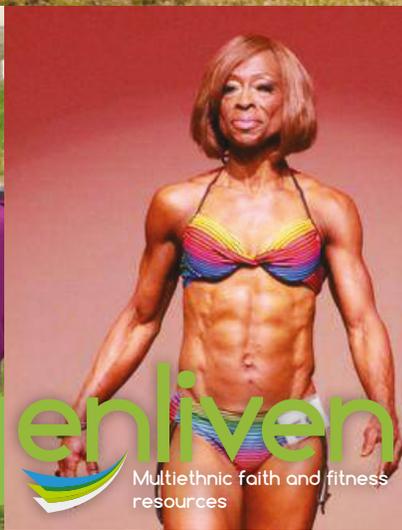


25 Fun Ways To Workout

Here are 25 fun, creative, "out of the box" ideas to liven-up your fitness lifestyle. We have great training ideas for the beginner, intermediate and advanced. Try it yourself then do it with others. Shoot a video of your favorite and we'll share it here.



Jason Rhymer
TRAINING



Ruby Carter-Pikes - No Excuses

How many excuses can you make for living an unhealthy lifestyle? Ruby is a grandmother who looks better than some twenty year olds. She says it's not about looks it is about respect for you body. She wants to inspire



Arian Moore
enliven
multiethnic

Your Moment Of Glory

What do you do when no one is watching? Is your fitness more than a show? Is your faith true? There should be a greater reason for tearing down your old man and building new muscle. Someone today needs your personal moment of glory.





Kimberly Bloom
CHARACTER



Rob Killen
CHURCH FITNESS



Excellence In Fitness Ministry - The Imagine Center

11,000 member Redemption World Outreach Center in Greenville, South Carolina wants to give their community a workout – imagine that. Really! They did and today the Imagine Center is one of the best designed and equipped church fitness facilities in the nation.











faithandfitness.net

Faith & Fitness Magazine helps readers make connections between an active lifestyle and the Christian faith. The magazine is published bi-monthly at FaithAndFitness.net and promoted through monthly newsletters and social media.