

FAITH & FITNESS

MAGAZINE

faithandfitness.net

April/May 2013

EcoPrint
Edition



Obesity In The Church

Have Christians
lost their will
to be hungry
for God?

**BE PART OF THE
SOLUTION TODAY!**

TRAINING

Wut Fat Cowz
Won't Tell U

*Eat better
Exercise easier
Lose that SPARE TIRE!*

Lead By Example

Erik DeLaRosa

Translating
faith and
fitness for
mi familia

The War On Junk Food

NUTRITION + GARDENING

- How To Shop For Veggies
- Revert To Raw - 7 Snacks To Eat Anytime, Anywhere
- Gardens Grow Gardeners

PLUS – more for MEN, more for WOMEN, more for SENIORS,
more MUSCULAR CHRISTIANITY --- Our **BIGGEST** issue yet!

Houston, Texas is home to great Southwest Grills, some of the biggest obesity statistics in the nation and Hispanic Erik DeLaRosa. When he got in-shape he found his passion became a second career leading others in health and fitness. He says setting that example starts at home with the family.



By Erik DeLaRosa
Family Fitness

Lead by Example



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.



Wut Fat Cowz Won't Tell U

All fast food meals are not created equal. Fried or grilled? Fries or salad? Sugary drink or water? It's just an innocent meal, right? We compare two meals and how different your workouts will have to be if you want to stay fit. Holy Cowz preach, "Eat more Chikn". But if you want to be part of the healthy flock, watch what you've herd.



By Jason Rhymer
Training

Revert To Raw - 7 Snacks You Can Eat Anytime, Anywhere



What if we told you, "Don't snack between meals" has been replaced by, "Eat up! Go for it! Dig in!" We all get the munchies. Don't fall into unhealthy habits. Instead revert to raw for your crunchiest snacks yet. Feast on flavor – right here, right now.



By Kenneth Johnson
Nutrition

Gardens Grow Gardeners



Get your exercise, sun, fellowship, food and fun all in one experience. From one generation to the next, gardening has proven to be a natural way to grow much more than vegetables. Hand down knowledge, nurture relationships and discover together the abundant life in your garden.



By Gretchen Bloom
Gardening

Fit To Eat - Cool Cooking Classes For Your Gym, Church And Community

Why have another Sunday of donuts in the church foyer and gut-busting church fellowship dinners? Now you can get Fit To Eat. Put your appetite on the alter, give your passion for eating to God and discover food done right!eous. The Chef is in the house!



By Jim White
Leadership

our snacks healthier!

Make your snacks healthier!

Jim White's new Fit to Eat nutrition program.

Learn how with Jim White's new Fit to Eat nutrition program.



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.

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