

FAITH & FITNESS

MAGAZINE
faithandfitness.net

October/November 2017

**MORE THAN A "CHANTS"
ENCOUNTER WITH GOD**

**SCRIPTURE YOGA DELIVERS A
BETTER FOCUS ON THE BIBLE**

WOMEN'S INTEREST

**LIFE BEYOND DIVORCE
+
FAITH, FERTILITY AND FITNESS**

TRAINING

**FIT FOR DISASTER:
ARE YOU STRONG
ENOUGH TO HELP?**



Fitness

HO

**GREATER CLARITY WITH
A NEW RESOLUTION**

GET THE SHIRT - TELL YOUR STORY

redefined

a faith and fitness conference

REDEFINE HOW YOU DO FITNESS!



FORMER MR. ONTARIO SHAWN MAVES

the BIGGER picture