

# FAITH & FITNESS

MAGAZINE

faithandfitness.net

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## 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!