

# FAITH & FITNESS

MAGAZINE

faithandfitness.net

October/November 2016

**7 Tips For Better  
'Sweatworking'**

**MEN'S INTEREST/WOMEN'S INTEREST  
RELATIONSHIPS 101**

The 1 on 1 of a fit lifestyle

**NUTRITION**

**SOUL FOOD**

tasty traditions from our  
heart-healthy chef

**CHARACTER STRENGTH/  
FAMILY FITNESS**

**RISK TAKING**

Point kids in the  
right direction -  
When they're older  
they'll stay on course.



2016  
redefined

a faith and fitness conference

**Total faith-centered  
fitness training  
at the Athletic  
Business Show**

**Making 'NET' Gains**

faith and fitness networking for  
strong relationships



**EcoPrint**  
Edition