

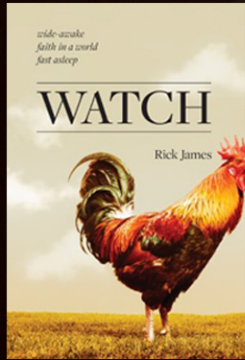
FAITH & FITNESS

MAGAZINE
faithandfitness.net

April / May 2017

Father Ryan Rooney
PRIESTFIT
A fitness ministry by priests for priests

Character Strength
**RICK JAMES ON
COMMUNITY,
CAFFEINE AND
CONNECTIVITY**
wide-awake faith in a world fast asleep



Training
**SPRING
TRAINING
SEASON**
Get outside for a beautiful workout

- 3 RECIPES**
- ✓ Flavorful
 - ✓ Soulful
 - ✓ Nutritious

A house in need of repair.

Fixer Upper Fitser Upper

A body restored by God.

my church
THE NEW WAY TO PROMOTE FITNESS AT YOUR CHURCH.

REDEFINED CONFERENCE
ATLANTA - CHARLOTTE - DALLAS - SACRAMENTO

