



# FAITH & FITNESS

MAGAZINE  
faithandfitness.net  
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## GRIT & GRACE

### JAY AND APRIL JONES

#### Training that's Texas Tough

Dallas' Marrin Ellis  
says go big and  
grow strong!

#### Hit the Beach

Make a splash  
with your  
faith and fitness

Live Limitless:

PUSH PAST OBSTACLES WITH  
THE FITNESS MINISTER

NEW! 3-track format for Orlando

redefined

a faith and fitness conference

Fitness fueled by faith at the  
Athletic Business Show

#### Summer Chef Saladbration

3 Chefs-3 Salads-3 Ways to Celebrate Summer:  
Recipes from our Cincinnati event to support the  
Lord's Gym

