

FAITH & FITNESS

MAGAZINE
faithandfitness.net

August/September 2017



MissionFit

A ministry to give the Christian community a Fit-losophy.

Getting the Abs I Never Had

find healing for the mommy tummy

Outrageous Gains

Philly-based trainer Anthony Dispensa delivers an intense workout with Italian attitude



redefined

a faith and fitness conference
REGISTER NOW and Redefine
how you do fitness!



FREE CHAPTER
DOWNLOAD
from
Alisa Keeton's
new book

Organic – Outrageous

‘Made in His image’
-- simple yet shocking!

Nathan and Mary Elizabeth Ballentine

A Workout With The Man In Overalls

+ What You Could Be Eating And Where To Get It

5 pros look at America's growing interest in nutrition