

# FAITH & FITNESS

MAGAZINE

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## CHURCH

### *Good Times AND Gains*

beyond the weight loss  
challenge

## RETREAT/SPA

### *Christian Camps*

not just for kids  
anymore

## WOMEN

### *Mommy Bloggers*

create community for  
faith and fitness

## FAMILY

### *Celebrate Summer To The Max*

how to give up

## MEN

### *Signs You Are Two-Faced*

trustworthy wisdom for  
guys

# LET THE PARTY BEGIN!

#ourpartycalledlife

## JOHN PRATHER

Party Hard - People Are Watching

