

# Strong Arms – Enduring Mercy

# FAITH & FITNESS

MAGAZINE

faithandfitness.net

FREE TAKE ONE

APRIL/MAY 2014



## Paramedic NATE DRAKE

*Holding Hope High*  
Can you be strong  
when it counts?

Arm Yourself  
With These  
Top

# 10

Exercises

SPECIAL  
SECTION  
FIT FOR  
FREEDOM  
ONLINE

## Molly Shattuck Vibrant Living – Keeping It Simple

## Faith Unleashed At Profound CrossFit



You can **TRI** but you can't **BI** these arms.  
Our readers show what they've got  
and tell what they do.

GET YOUR ARMS AROUND OUR LATEST BLOGS AND DEPARTMENT  
UPDATES IN: CHURCH FITNESS, 50+, ENLIVEN AND MORE

