

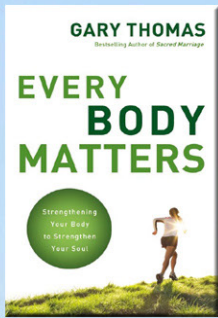
Heavy Gainers And Biggest Losers

FAITH FITNESS

MAGAZINE

faithandfitness.net

April / May 2012



Start The
EVERY BODY MATTERS
Program At Your Church Or Gym

There's
Power
In The
Mud -
Training For
A Spartan
Race



2012 Summer Vacation Planning Guide
get outside and **Shout!**

Rich Lauro's Downtown Gym
And Bodybuilding Event
Where Is God In All Of This?

Learn How To Eat
To **Gain**
Or **Lose**

+ New Faith And Fitness Tips For Women And Men