

FAITH & FITNESS

MAGAZINE
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10

Principles
Of Survival
Training

Nutrition Tips
Regulate Your
Blood Sugar

SURVIVORS PARISH

Emily Lind

Change your days
In 10 ways

Does Diabetes
+ Divorce
x Depression
= Disaster

**3 RULES TO
ACHIEVE
BALANCE**

**Get ROCK HARD BICEPS
and ROCK SOLID FAITH**