

FAITH & FITNESS

M A G A Z I N E
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October/November 2012



HOLLYWOOD FITNESS MODEL

James Ellis

talks about beautiful women, staying busy and...
"my relationship with Jesus Christ"



"Why wait for heaven?"

eat your
VEGETABLES

Go Vegan Or
Vegetarian Today

24/7

Getting FIT for Eternity

PICK
THE
WORKOUT
PLAN
THAT IS
RIGHT FOR
YOU

STRONG TIME

Grow Beyond Wimpy Excuses
With Muscled-Up Time Management

Are YOU And The Church
The Next Fitness Revolution?



Churchfitness.com