

# FAITH & FITNESS

MAGAZINE

faithandfitness.net



## YOU TOO CAN DO WHAT THEY DO

Identify the exercises  
for your age group.

## Kylie Bisutti

Helping Women  
Take Beauty  
Beyond The  
Runway To  
Honor God

## BIBLICAL EATING 101

Feast your  
eyes, mind and  
spirit on this  
nutrition  
website

# Beginners vs. Veterans

Train up children in the way they should go: and when  
they are old – they will train others!

PLUS

**2013 PREVIEW**  
**Gripping Yet Gracious**  
Take your physical and spiritual  
strength to the next level

