

# FAITH & FITNESS

MAGAZINE

faithandfitness.net

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## Kim Dolan-Leto

Get in shape with  
**CONVICTION**  
and  
**CONFIDENCE**

**FAMILY FITNESS**  
How To Be  
**Ruggedly**  
**Righteous**

give your kids

**VALUES**

so they can be

**CONFIDENT**

**MUSCULAR**  
**CHRISTIANITY**

Today's Bold And  
Influential Heavy-Lifters

**URBAN**  
**GARDENING**

Cultivate

Soil

And A

Better

Life

**GOD**  
**IS NO**  
**WIMP**

Tons of  
"Tough Tips"

Arnold Sports Festival Exclusive

**PREPARE TO DIE**

Get ready to go harder and further

Free Download - new Latin Dance Workout

