

# FAITH & FITNESS

MAGAZINE  
faithandfitness.net

February/March 2012

The North  
Korea Workout  
Tough training  
for a tough mission  
**DO BOTH NOW!**

**6** Savory  
Secrets  
For  
Eating Healthy

**Legal? And  
Lovin' It!**

DO IT RIGHT AND CELEBRATE

**GUTS AND GLORY**

David Morin's Abs Exercises For Men

Why Looking Good Gives You A Better Body

**Rachel Lampa -**  
How To Simplify  
And Live Life Fully

**PLUS MORE FREE STUFF**