

JUNE
20
JULY
18

FAITH & FITNESS

MAGAZINE
faithandfitness.net

Photographer: Barbara Berge
Cover Design: Ben Lanning



**FROM
ATROPHY TO..**

..A TROPHY
#ATROPHYFORGOOD



WOMEN
AT SIHI, IMAGE
IS EVERYTHING

MEN
YOUR ROLE AS A
HUSBAND AND DAD
"BEYOND BROKEN-
STRONG AS STEEL"

**SELENE
RAMIREZ**
STEPPING INTO
A HIGHER CALLING

GYMNOS
ADOPTING A NEW
FITNESS PLAN

DEPARTMENTS

- FAMILY
- TRAINING
- HEALTH & WELLNESS
- NUTRITION
- CHARACTER STRENGTH
- GARDENING
- & MUCH MORE!



redefined
a faith and fitness conference
NOVEMBER 6-10, 2018
NEW ORLEANS