



## Play Safe - Take Risks

#playsafetakerisks

**Karen Wonders:  
HELPING THOSE WITH CANCER GAIN  
STRENGTH AND CONFIDENCE**

*Who Can You Help?*

### LEADERSHIP

**The 5 Ministries of a  
Fitness Professional**

### THE MOVIE

***Beautifully Broken*  
and aerial fitness in Kenya**

### FAMILY

**Fitness for Today's Teen**

### + NEW BLOGS

**By our featured pros**

### WOMEN/50+

**Healthy Extremes-Fitness for Life**