

# FAITH & FITNESS

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MAGAZINE  
faithandfitness.net

## MAKE FAMILY FIT

#MAKEFAMILYFIT

**5 Words of Grace:**  
BUILD GREATER FAMILY  
FITNESS

**Beyond Balance:**  
4 PRIORITIES FOR  
A HEALTHY LIFESTYLE

Reflecting on the great,  
Looking ahead to  
even better!

Food for the Holidays,  
Training Tips for the  
New Year

