

FAITH & FITNESS

MAGAZINE
faithandfitness.net

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ONE DIET WEEK
TO DIET WEAK
THE WEAKER I GET,
THE STRONGER
I BECOME

INTERGENERATIONAL
FITNESS

30
40
50
60
70
80

HOW OLD ARE YOU?

#imoldenoughtodothis
FUN WAYS BABY, MOMMY, AND
GRANDMA SHARK CAN DOOOO
FITNESS TOGETHER

BE MINE
WORKOUT WITH
YOUR VALENTINE
+
GREAT WAYS TO
UPGRADE DATE NIGHT

GODENING
FIND THE RIGHT SIZE GARDEN
GOD HAS FOR YOU



LEARN ABOUT INTERGENERATIONAL FITNESS:
JOIN DEPARTMENT EDITORS
DINO NOWAK AND KIMBERLY BLOOM

