

# FAITH & FITNESS

MAGAZINE  
faithandfitness.net

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This is #myhappyplace2fit

WOMEN'S INTEREST

### EatLiveThrive

Rev Up Your  
Midlife Metabolism

### SUMMER VACATION

7 Places That Make  
Fitness Fun All Season

# Put Fitness In Its lace

#destinationohyeah

EcoPrint  
Edition

TRAINING

### 413 Fitness

6 Ways To Fit In Out

HEALTH AND WELLNESS  
The REST Of Your Story

