

FAITH & FITNESS

MAGAZINE

faithandfitness.net



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COMPASSION
MOTIVATION
HOPE
FRIENDSHIP
ACCOUNTABILITY

GRASS
WAT
DS
TAB



In The Flesh

#talk2me4alift

Best Summer Workouts



Goodbye Sugar

Identity Defined at
Cedar Pointe Fitness



from ~~X~~ Family
to ~~✓~~ fA+mily
How to improve
your grade