

# FAITH & FITNESS

MAGAZINE  
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EcoPrint  
Edition

*Tana Gabriel:  
inSUFFERable:  
Extreme  
Strength  
In God*

## HOW FIT IS YOUR MIND?

#teamliftforlife

*Jermine and Jerimiah Alberty  
Take The Path To God's Promise*

*Finding Focus  
And  
Making Peace*



*Bo(u)lder Workouts  
3 Ways to Stretch Well  
Driven to Access and Adapt*

*Trauma and A  
Fit Community  
Of Compassion*