

# FAITH & FITNESS

MAGAZINE  
faithandfitness.net  
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**4** ways to dive deep  
into God's grace  
this season



## FIT THY

grace

#grosstoglorious

TRAINING - NUTRITION - FAMILY FITNESS



WOMEN'S INTEREST  
Covered By More Than Sweat

MEN'S INTEREST  
How To Push Through The Pain

DR. RICHARD SCOTT  
What Can Your  
Doctor Offer You?