

## JUST KEEP (G)ROWING

Endurance Athlete  
**Katie Spatz**

How To Go Further  
With God

### CULTURE

Are You Strong  
Enough To Be -  
Small?

### CHARACTER STRENGTH

Say  
“Yes I Can”  
To The Canyon

**Certified**  
**STRONG!**  
#alotmorethanmuscles



*4 Ways To Share Your Faith!*  
**BUILD MUSCLE**  
**GET SWEATY**  
**EAT WELL**  
**FULLY REST**  
*Guaranteed Easy And Effective*



Tools for MEN, WOMEN & FAMILIES  
to build physical and spiritual strength.