

# FAITH & FITNESS

MAGAZINE

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3 Keys To Help You Faithfully Run the Race

The MOG Mile, The Ranger Creed And Spiritual Wellness

Redefine How You Do Recovery

# It's a Lifestyle

#IdoITfaithfully

# GO BIG

redefined

a faith and fitness conference

## Your Lifestyle Celebrates God



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