

FAITH & FITNESS

MAGAZINE
faithandfitness.net

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Discover your
WHO - WHERE - WHAT
that will take your fitness to big!

**Fun Fall Workout That'll Get You
Jacked-O-lantern**

RE: SPECIAL RECOVERY SECTION

Sponsored by St. Gregory Recovery Center

**+ Great resources for family,
nutrition, and entrepreneurs**

GO BIG
Expand Your Range
#IchooseBIG



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