

FAITH & FITNESS

MAGAZINE
faithandfitness.net

MUSCLE UP
with **REBECCA**
SHINGLEDECKER

“I Want...”
Why You Should
Want It



TRAINING WITH
COACH SAM BARR

*Do More With
6 Big Moves
You Already Do*

HEALTH & WELLNESS

*Why You're
Swollen
Instead of Swell*

Welcome to
YOUR COMMUNITY
for powerful, healthy
and passionate living

STRETCH YOUR

desire

#iWantGod



FEBRUARY - APRIL 2023