

# FAITH & FITNESS

MAGAZINE  
faithandfitness.net

*Dwell*  
#myfamiliarplace

**On God's Words**  
Meditate on them  
when you run, lift,  
stretch, eat, rest –  
you get the idea

**Soups On!**  
Warm Nourishing  
Affordable And  
So Much More

**Morning – Afternoon – Evening**  
Switch Up Fitness During Autumn

August - October 2023

**ANTHONY VACCARELLA**  
Better Health, Deeper Faith  
How To Get Both During A Career Change

