

FAITH & FITNESS

MAGAZINE
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Addy Herman Persistence > Perfection

3 Functional Exercises
to Help Busy Moms

passion
AND
Purpose
#purposedrivenpassion

The Fitness Mission
Lessons in Aligning Your Heart
to God's Will

Michael Wittig
Take Your Training Outside

Fitfish
UK's Faith-Centered
Online Wellness
and Fitness Retreats

May - July 2024

