

FAITH & FITNESS

MAGAZINE

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Edition

FREE- Take One

Frank and Michelle Strong
Helping make military families **STRONGER**

Noel Frias
Body – Spirit - and HIV
Finding forgiveness and favor to help others

Celebrate Freedom And Dependence

Live Without Compromise
YOU share what it means to you.

College TIME
Jake Kelbrants –
Student Life, Fitness And God

Tiffany Dawn
THE INSATIABLE
QUEST FOR BEAUTY

Biggest Loser
Mark Cornelison
What happens when you gain it all back and then some?

HEALTH/WELLNESS

Healthy 100
Florida Hospital's Health Ministry
For Churches And Communities

CULTURE

Be Faith-Centered
Not Faith-Based





Celebrate Freedom And Dependence Live Without Compromise

How do you celebrate freedom? We asked you to share what freedom means to you and make a declaration of 'dependence'. Take a look at what others are saying and how we're all living a faith and fitness lifestyle.



Helping make military families **Stronger**

FAMILY FITNESS
Frank and Michelle Strong

As a member of the U.S. Air Force, Frank Strong knows the importance of fitness. As a family, he and his wife Michelle have learned to draw on the greater strength of God. Their newest mission is to serve through Military Ministry and help families gain freedom through Christ to grow stronger.

Biggest Loser Gains It All Back And Then Some

MEN'S INTEREST
Mark Cornelison

You've seen the television show. The challenges are immense, the desperation is overwhelming and the transformations are amazing. Mark has been there and done it and now his burden is to bring light to others in ways he never could have imagined.

Body – Spirit – and HIV

What would you do if you got the bad news that you have HIV? What do you do when you realize you're not living up to your expectations or in the full potential of God's grace? Discover how Noel Frias learned to rely on God to turn his tragedy into an opportunity to be the life of Christ to others.

The Insatiable Quest For Beauty

WOMEN'S INTEREST
Tiffany Dawn

Pretty is as pretty does is easily said but not always so easily done. In a culture that is constantly pushing us to pursue the latest definition of beauty how can you develop an insatiable quest to reflect the image of God without compromise?

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MAGAZINE
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