



## The Lust For Life

look good,  
feel good,  
**BE GOOD!**

**CHARACTER  
STRENGTH**

Your Moment  
Of Glory

*The  
Imagine  
Center*

you'll get a  
workout  
at this  
church

**DREW  
WATERS**

Stretching for the  
prize – Chasing  
the passion

**enliven**  
Multiethnic faith and fitness  
resources

From our new  
Enliven Department  
Ruby Carter-Pikes

**NO EXCUSES**

+ New Design, New Blogs,  
New Social-Sharing, New Music,  
New Videos ... You Get The Idea!



# 25

Ways To Be A  
Fitness FUNatic



This EcoPrint magazine delivers many pages of content on a single sheet – better stewardship of the planet God has given us. Use a QR code scanner app on your mobile device to access the resources. CONTACT US to order bulk quantities of EcoPrint.



## Drew Waters Chasing The Passion

Drew is fueled by faith and fitness. As a boy he worked with family to build a home. He's done high school and college sports. He's served in the military and walked fashion runways as a model. He's also a personal trainer. Today as a film and television producer, he's stretching to inspire others. Chase your passion too.



Brad Bloom  
FEATURE



PODCAST



### 25 Fun Ways To Workout

Here are 25 fun, creative, "out of the box" ideas to liven-up your fitness lifestyle. We have great training ideas for the beginner, intermediate and advanced. Try it yourself then do it with others. Shoot a video of your favorite and we'll share it here.



Jason Rhymer  
TRAINING



### Ruby Carter-Pikes - No Excuses

How many excuses can you make for living an unhealthy lifestyle? Ruby is a grandmother who looks better than some twenty year olds. She says it's not about looks it is about respect for you body. She wants to inspire



Arian Moore  
enliven  
multiethnic

### Your Moment Of Glory

What do you do when no one is watching? Is your fitness more than a show? Is your faith true? There should be a greater reason for tearing down your old man and building new muscle. Someone today needs your personal moment of glory.





Kimberly Bloom  
CHARACTER



Rob Killen  
CHURCH FITNESS



### Excellence In Fitness Ministry - The Imagine Center

11,000 member Redemption World Outreach Center in Greenville, South Carolina wants to give their community a workout – imagine that. Really! They did and today the Imagine Center is one of the best designed and equipped church fitness facilities in the nation.











Faith & Fitness Magazine helps readers make connections between an active lifestyle and the Christian faith. The magazine is published bi-monthly at FaithAndFitness.net and promoted through monthly newsletters and social media.

Copyright 2014 Lifestyle Media Group and  
**Faith & Fitness Magazine**