



TOMMY WHEATLEY

Raw Milk & Deadlifts

How To Do

**Faith And Fitness
With Proper Form**

CHEF ASHLEY KEYES

**Easy Healthy Lunches
That Kids Can Make**

GYMNOS:

**The Gym
Confessional**

August - October 2024



mindset

Spirit Free

#mindsetspiritfree

+ News From Fitness Ministries Worldwide