

April/May 2015

# The Colors

# Of Fitness

physically moving, spiritually vibrant

Colorful  
Zones  
For  
Zone  
Training

Does Your Faith  
And Fitness  
Celebrate  
Diversity?

Make Your  
Church Fitness  
Facility  
Bright And  
Inviting

Making Meals  
VIVID

a palette of fresh  
flavorful food  
for your palate

Active families  
free to be creative

Color Outside  
The Lines

Run For A  
Brilliant Cause

How my 5k

COLOR run

honors God



FREE - Take One



TWIN-CITIES EDITION

- Fashion Designs

- Body Budget

- 3x3 Workouts