



40 Days to Fit and Fabulous: With Praise Moves

By Laurette Willis

Destiny Image Incorporated, United States, 2013. DVD Audio. Book Condition: New. 190 x 140 mm. Language: English . Brand New Book. Get Fit. Build Faith. Change Your Life. Sadly, statistics show that there are 50,000 - 100,000 yoga instructors offering classes in over 20,000 locations. This includes churches! It is time for believers to connect with the Lord using a fun and safe exercise program void of New Age influence. Christian fitness personality, Laurette Willis presents a custom exercise plan that is uncompromisingly faith-based and committed to enriching your life: Spirit, soul and body! By going through 40 Days to Fit and Fabulous, you will: Develop a healthy routine for your lifestyle--spiritually and physically Engage daily in unique exercise moves based on 40 Scripture verses Follow a 40-day plan that includes inspiring daily devotions and corresponding PraiseMoves postures Workout and spend time with God--all at once! Join the fitness revolution and become a fit witness for Christ!.



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Reviews

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