



40 Days to Fit and Fabulous with PraiseMoves

Laurette Willis

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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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From reader reviews:

Robert Kuehner:

The book 40 Days to Fit and Fabulous with PraiseMoves will bring that you the new experience of reading any book. The author style to spell out the idea is very unique. When you try to find new book to read, this book very appropriate to you. The book 40 Days to Fit and Fabulous with PraiseMoves is much recommended to you to see. You can also get the e-book from official web site, so you can more readily to read the book.

Deborah Hart:

This 40 Days to Fit and Fabulous with PraiseMoves is great reserve for you because the content which can be full of information for you who all always deal with world and possess to make decision every minute. That book reveal it details accurately using great coordinate word or we can point out no rambling sentences included. So if you are read the idea hurriedly you can have whole information in it. Doesn't mean it only provides straight forward sentences but tough core information with attractive delivering sentences. Having 40 Days to Fit and Fabulous with PraiseMoves in your hand like having the world in your arm, facts in it is not ridiculous one particular. We can say that no reserve that offer you world in ten or fifteen tiny right but this guide already do that. So , it is good reading book. Heya Mr. and Mrs. busy do you still doubt this?

Daniel Hartung:

Is it you who having spare time in that case spend it whole day simply by watching television programs or just resting on the bed? Do you need something totally new? This 40 Days to Fit and Fabulous with PraiseMoves can be the response, oh how comes? A book you know. You are therefore out of date, spending your time by reading in this new era is common not a nerd activity. So what these books have than the others?

Amanda Acuna:

As a pupil exactly feel bored in order to reading. If their teacher asked them to go to the library as well as to make summary for some publication, they are complained. Just small students that has reading's spirit or real their interest. They just do what the educator want, like asked to the library. They go to there but nothing reading seriously. Any students feel that looking at is not important, boring along with can't see colorful photographs on there. Yeah, it is for being complicated. Book is very important for you. As we know that on this period, many ways to get whatever we want. Likewise word says, ways to reach Chinese's country. Therefore , this 40 Days to Fit and Fabulous with PraiseMoves can make you really feel more interested to read.

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