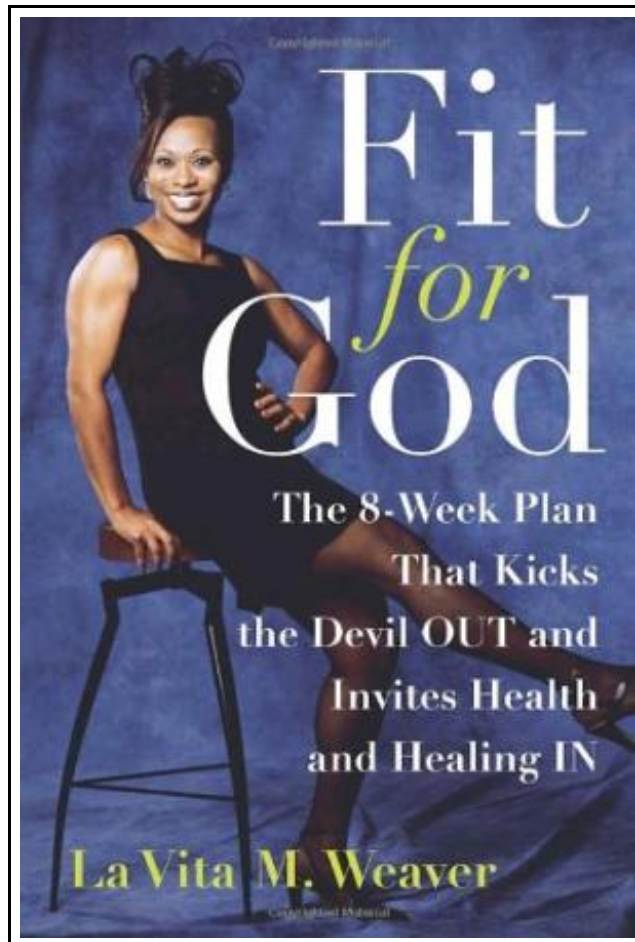


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(Rebecca Bechtelar)

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HARMONY, United States, 2004. Paperback. Book Condition: New. 206 x 139 mm. Language: English . Brand New Book. La Vita Weaver, an ordained minister and fitness instructor, knows firsthand how being overweight affects every aspect of ones life. During her own battle with extra pounds she gained eighty following the birth of her first child she found herself struggling also with profound emotional and spiritual problems. Once a size five, she had skyrocketed to more than two hundred pounds, and her sense of self-esteem and well-being plummeted to an all-time low. After trying countless diets, she began exercising at home, playing Gospel music to keep her going. Before long, she was reciting Bible verses and singing hymns during her routines. Not only did she shed pounds and build muscle, but Weaver had gained an unexpected benefit her exercise sessions had become precious times of praise, prayer, and inspiration. Now, the only thing she didnt like about exercising was when she had to stop! Weavers sessions in her living room grew into a video series called Hallelujah! Aerobics and, ultimately, a fitness plan designed to meet the needs of the whole person. In FIT FOR GOD, her inspirational voice and her expertise as the leader of hundreds of successful fitness workshops are woven together in a highly effective eight-week program of diet, exercise, prayer, and praise. Combining solid nutritional information and exercise routines with inspiring passages from the Bible, her program will encourage even the most reluctant workout candidate to follow her example and embrace the rewards of becoming "fit for God."

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