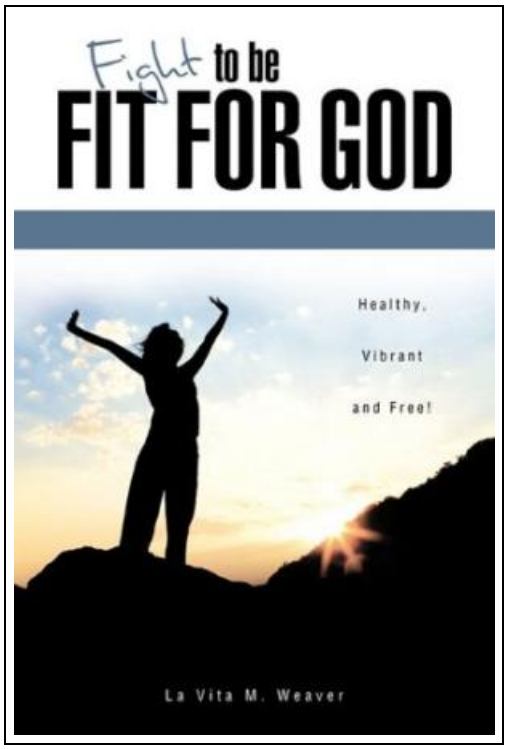
Fight To Be Fit For God



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Reviews

This publication is definitely not simple to begin on studying but quite fun to see. It really is full of knowledge and wisdom I am just effortlessly can get a satisfaction of studying a created pdf.
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FIGHT TO BE FIT FOR GOD

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Xulon Press. Paperback. Book Condition: New. Paperback. 268 pages. Dimensions: 8.9in. x 6.0in. x 0.8in.If you desire to lose weight or want to live healthier this life-changing message is for you. In Fight To Be Fit, La Vita Weaver candidly expresses the fight of fitness, faith and finances. She shares the story of Nehemiah, a courageous leader God chose to encourage His people to rebuild their lives physically and spiritually. This book for total health is like no other. It contains Nehemiahs specific steps to accomplish a seemingly impossible task. As a leader in the church and a fitness trainer, La Vita combines sound nutritional and exercise tips, biblical principles and a strategic plan to motivate you to take action, overcome obstacles and build a healthy spirit, soul and body. Stress management tips are included to help you better cope with challenges, especially during this economic crisis. Its time to be free to fulfill your God-given purpose to the best of your ability. Are you ready to launch into your destiny Pull out your Living Sword and fight for your life to be restored! This is a fight worth fighting! La Vita Weaver is a fitness trainer, motivational speaker, author and songwriter. She knows first-hand how being overweight can affect every area of ones life. Once a petite size 5, her weight had skyrocketed to an unhealthy 200 pounds. Her inspirational story is shared in Fit for God. La Vita has appeared as a guest on the popular Trinity Broadcast Network (TBN) program, Praise the Lord and the well-known 700 Club and she has been featured in Essence, Excellence, Heart and Soul and Shape magazines. She also appeared as the co-host of the popular TBN health and fitness show TotaLee Fit. As a woman who was once badly broken and...

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