



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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