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## Fight To Be Fit For God

By La Vita M. Weaver

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 Nehemiah's 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. It's 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...



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