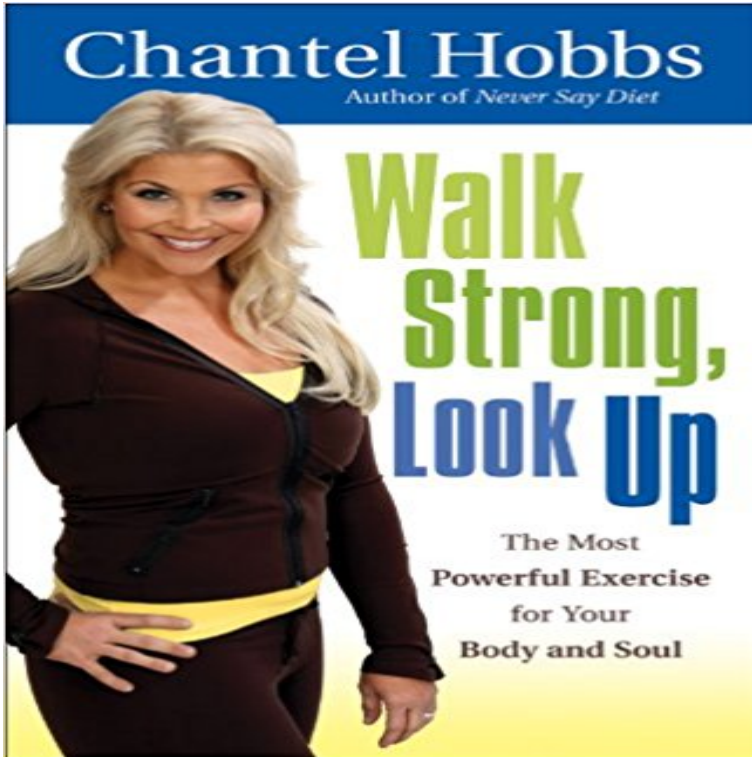


Walk Strong, Look Up: The Most Powerful Exercise for Your Body and Soul



Are you ready to get fit and lose weight? Imagine learning how to use walking as your key to optimal health and fitness! Chantel Hobbs knows what its like to struggle with your weight for years and how hard it is to make regular exercise a part of your life. Shes been there. One day Chantel vowed to lose weight and keep it off for good. And thats exactly what she did. Nearly 200 pounds lost and years later, she shares with you the power of combining the worlds most natural exercise--walking--with prayer and praise directed toward the One who made your body. Walk Strong, Look Up is the whole package, complete with workout routines tips on proper shoes and nutrition recipes for power shakes a free download of Chantels personal coaching Chantel also shows you how walking and praying at the same time both intensifies the workout and adds a spiritual component to exercising that helps you maintain your energy and enthusiasm. If youve been putting your health or your relationship with God on the back burner, now is the time to change that. With Chantel by your side, you can change your health and your spiritual life--starting today. Chantel Hobbs is a motivational speaker, life coach, personal trainer, marathon runner, wife, and mother of four whose amazing weight-loss story has been featured on Oprah, The Today Show, Good Morning America, Fox & Friends, The 700 Club, and on the covers of People and First magazines. She appears weekly on two fitness-themed radio programs, is currently working on a PBS special about fitness, and lives in south Florida.

NEWAGEOFTRUTH There's been too many lies and not enough truth stay updated via rss MY NEW PLAYLIST Why are some looking forward to the end of days? Posted: July 26, 2016 in Cheating, Education, Evil, Politics, Religion, Social Issues Tags: Armageddon, bible, Christianity, Conspiracy theory, Prophecy, Y2K 0 end of days Some temptations are just to good to pass up. My curiosity got the best of me the other day and I gave in by watching one of those "End of the World" conspiracies videos. This time around the date is set for July 29, 2016. So in three days the biblical prophecies will come true and we will be swallowed up by hell fire while the others who are "saved" will be saved.

will rejoice in the heavens.

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