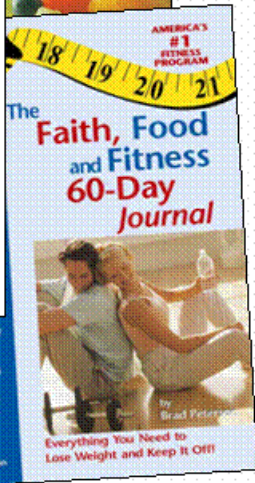
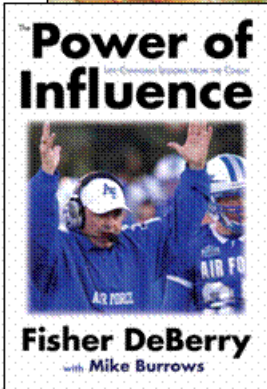
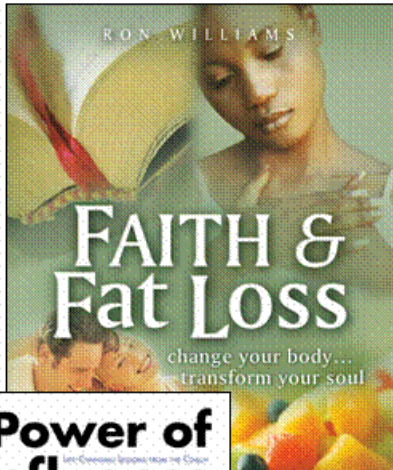


Christian Fitness & Self-Help



The first quarter of a new year is usually when most people make a new commitment to improve their lives in some way. For a high percentage it has to do with finding ways to strengthen their faith and relationships, reduce stress, eat better, and exercise more. We're happy to bring you some products that can help.

FAITH & FAT LOSS: Change Your Body, Transform Your Soul

\$14.99 ISBN 978-0-981-71822-4 Paperback 261 pages
Ron Williams, the world's most decorated natural body builder, combines ancient Biblical principles of spiritual healing and diet with today's best practices to empower readers with a total transformation of spirit, body and soul. **(As seen on CBN's, The 700 Club!)**

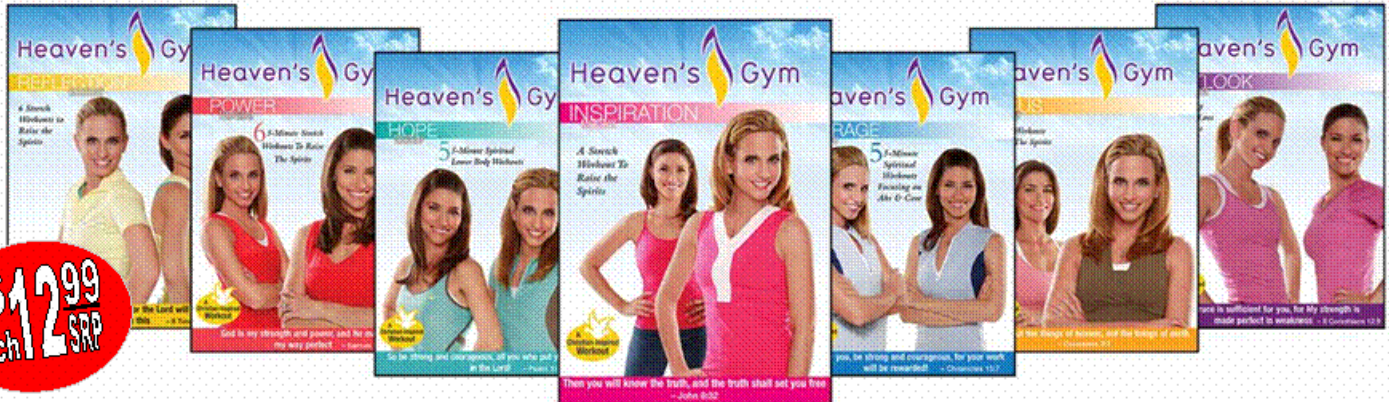
THE POWER OF INFLUENCE

\$19.99 ISBN 978-0-692-00449-4 Hardcover 208 pages
Life-changing lessons from coach Fisher DeBerry, winningest Air Force football coach in service academy history. Faith, family and football—these are the priorities in DeBerry's life and are the themes of his book.

THE FAITH, FOOD AND FITNESS 60-DAY JOURNAL

SRP \$14.99 ISBN 978-0-972-88461-7 Paperback 208 pages

- Setting Prayerful & Realistic Goals
- Importance of Prayer
- Encouraging Scripture Verses
- Behavior Modification
- Establishing Calorie Limits
- Establishing Fat Gram Limits
- Exercise—Move it and lose it!
- Exercise Tips
- Exercise Charts
- Water—A Drink To Your Health
- Food Tips
- The Food Label
- Portion Primer
- Your 60-Day Journal
- Nutritional Values
- Fast Food Nutritional Values
- Fast Food Tips
- Dining Out



\$12.99
each ~~19.99~~ SRP

REFLECTION

POWER

HOPE

INSPIRATION

COURAGE

FOCUS

OUTLOOK

Heaven's Gym is an in-home workout experience that provides a new spiritual principle and exercise routine each day of the week to help you achieve your fitness goals. The Word of God is used to inspire each day's workout, providing all you need to take it to the limit physically and spiritually. Each DVD is sold separately and is approximately 50 minutes in length. **(Street Date: 2/16/10)**

Heaven's Gym		\$12.99 SRP ea.
Monday	Inspiration	898776002126
Tuesday	Hope	898776002133
Wednesday	Courage	898776002140
Thursday	Power	898776002157
Friday	Focus	898776002164
Saturday	Reflection	898776002171
Sunday	Outlook	898776002188



Mail: P.O. Box 26144 Ship: 6980 Oxford St., Suite 250
St. Louis Park, MN 55426
1-800-375-3702 FAX: 952-541-4905
Email: wesscottmkt@msn.com
www.wesscottmarketing.com