

Walk the Walk

Leslie Sansone

Good health is a blessing—a connection of mind, body, and spirit. This uplifting, In-Home Walking™ workout is a great way to get both physically and spiritually fit. It's a faith-centered, energizing workout that will leave you feeling revitalized, inside and out, every day.

It's time to build strong muscles and a firm faith with this terrific strength-training workout that will leave your spirit refreshed and your body lean, firm, and energized. When you add muscle, you're giving your body beautiful shape and definition—that sleek, well-proportioned look we all want! Challenge all the muscles of your upper and lower body with these simple, effective exercises that target trouble spots like the upper arms, mid-back, the hips, thighs and buns, abs and waistline. This powerful workout also strengthens the core muscles of your body, improving your posture and alignment so you stay healthy for the rest of your life. And the inspiring music keeps the focus on God's blessings, so you're not just challenging your body...you're nurturing your soul.

Are you ready to shape up, inside and out? Have faith—you'll love what this firming workout does for you.

Keep the faith

www.walkawaythepounds.com

Produced by FITVID Productions
Directed by Cal Peep - Executive Producer Leslie Sansone
Graphic design by Norman Fong

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Inspired
Workout**



**Firm
Walk**
Firming workout

Approximately
40 Minutes

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Walk The Walk Firm Walk

Katrin Zwirgmaier



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