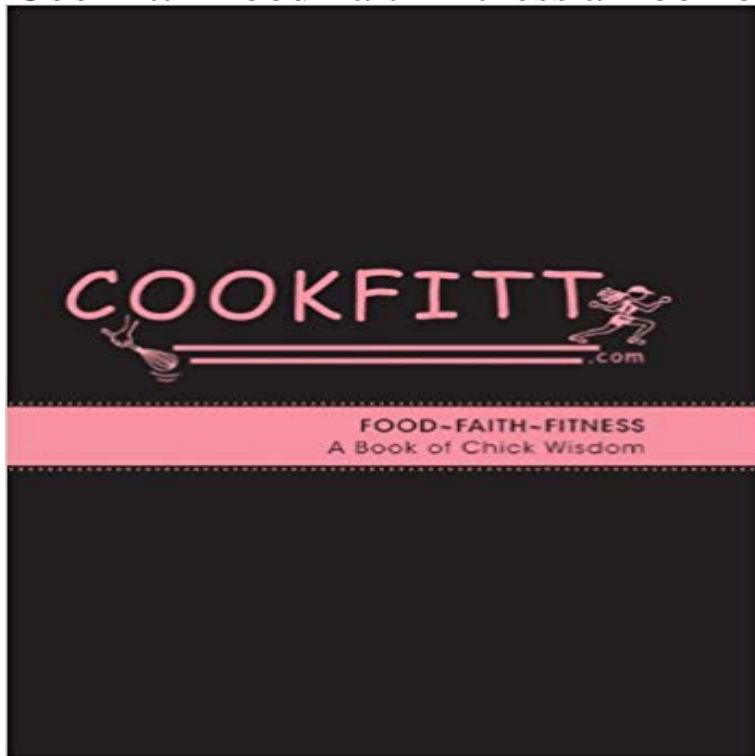


Cookfitt - Food Faith Fitness a Book of Chick Wisdom



COOKFITT is a book inspiring women of all ages to become healthier through cooking and fitness. It helps foster an awareness of the relationship between the mind, body and spirit to achieve optimal health, fitness and performance. This is done through stabilizing blood sugar and eating whole, natural foods along with integrating Gods Word in our daily lives

COOKFITT Lifestyle Benefits: Reduction in Body Fat Improved Energy Improved Strength & Concentration Boost Confidence Increased Self Respect Improved outward physical appearance Start experiencing a life of Better Health, Happiness, Prosperity and Joy! Remember Chicks, You ARE What You Eat! What others have to say about COOKFITT way of life! When I eat the recommended balanced meals, I can resist sweets and bread which have always been my weakness. Jennifer B I never have been able to commit to changing my diet long term because everything I tried was so restrictive and I felt like I was being deprived of all the things I loved. Now I dont want those things because they arent what I need for my new strong body. Barbra C With these easy to follow guidelines I have been able to use every day foods already in my kitchen to succeed at becoming a healthier, happier me! Jean W

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