



F.I.T. 10 Steps To Your Faith Inspired Transformation: Healthy, Happy, & Fit God's Way

Kim Dolan Leto

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Achieve health the right way from the inside out! Many diet and fitness books claim that losing ten pounds in ten days will bring the health and happiness we are looking for. But the truth is that health and happiness requires more than a few weeks of intense dietary restriction or physical exertion. The journey to health isn't a sprint. It's a marathon. We succeed by combining our faith with our fitness and doing real life with God. Only in Him do we find the strength to make health a lifestyle. Everything else is just a temporary fix with an unending cycle of deprivation, overconsumption, and exhaustion. F.I.T. is different than any other diet or training plan. It calls women who are struggling with their health and fitness to a Faith Inspired Transformation shifting their focus from what the world says to what the Word of God says. With each of the ten steps, renowned fitness expert, model, and writer Kim Dolan Leto provides the inspiration and practical tools necessary to live a healthy life that honors God and brings the lasting results we all crave.

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