



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

Chantel Hobbs

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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 it's like to struggle with your weight for years and how hard it is to make regular exercise a part of your life. She's been there. One day Chantel vowed to lose weight and keep it off for good. And that's exactly what she did. Nearly 200 pounds lost and years later, she shares with you the power of combining the world's 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 Chantel's 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 you've 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.

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From reader reviews:

Charles Greiner:

Have you spare time for a day? What do you do when you have a lot more or little spare time? Yeah, you can choose the suitable activity to get spend your time. Any person spent their spare time to take a wander, shopping, or went to the particular Mall. How about open or read a book called Walk Strong, Look Up: The Most Powerful Exercise for Your Body and Soul? Maybe it is to become best activity for you. You know beside you can spend your time with your favorite's book, you can wiser than before. Do you agree with its opinion or you have other opinion?

Clarence Anderson:

Information is provisions for folks to get better life, information today can get by anyone with everywhere. The information can be a information or any news even a problem. What people must be consider whenever those information which is inside former life are challenging to be find than now could be taking seriously which one works to believe or which one the resource are convinced. If you obtain the unstable resource then you understand it as your main information you will have huge disadvantage for you. All those possibilities will not happen with you if you take Walk Strong, Look Up: The Most Powerful Exercise for Your Body and Soul as the daily resource information.

Nathaniel Cornelius:

As a student exactly feel bored in order to reading. If their teacher inquired them to go to the library as well as to make summary for some book, they are complained. Just small students that has reading's spirit or real their hobby. They just do what the professor want, like asked to the library. They go to presently there but nothing reading seriously. Any students feel that examining is not important, boring in addition to can't see colorful images on there. Yeah, it is being complicated. Book is very important to suit your needs. As we know that on this era, many ways to get whatever you want. Likewise word says, many ways to reach Chinese's country. Therefore , this Walk Strong, Look Up: The Most Powerful Exercise for Your Body and Soul can make you sense more interested to read.

Jaime McKenney:

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