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By Michelle Spadafora

Lulu.com, United States, 2016. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Are you ready to make healthy changes, but don't know where to begin? Do you want to get physically and spiritually fit? Reignite will guide you down the path to better health in a way you've never traveled. It's a totally new approach. The weekly lessons include spiritual and physical health topics that teach you how to break free from fitness frustration and make lasting, healthy changes. No matter what your age or fitness level, Reignite will help you achieve a strong, energized and healthy body and spirit. Important! If you would like to be part of our FREE Online Live study beginning June 22nd, email and tell her to sign you up.



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