



## Today's The Day: Seven Week Fitness Plan

*Ann Musico*

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## **Today's The Day: Seven Week Fitness Plan** Ann Musico

"Today's the Day" is a blueprint for overall health and fitness - spirit, soul and body. The meal plan, recipes and nutritional portion will help you lose weight, but it doesn't end there. While some diets touch on the importance of right thinking, "Today's the Day" addresses spirit and soul issues as well. These are the issues that can derail even the best diet plan if they are not addressed. Meal plans and recipes based on nutrient-dense whole foods and biblical principles including forgiveness, speaking faith confessions and renewing your thinking form the foundation of this plan. It is based on Ann's "3-D Living Program." Each of the four steps - detox/cleanse, nourish/fuel, intentional exertion/exercise and rest/reboot - are applied to spirit, soul and body. Any diet will cause weight loss - temporarily. In order to get fit and stay that way you must make changes you can incorporate into your daily life. This plan is easy-to-understand and use, overflowing with practical tips to help you achieve truly lasting, vibrant health. "Today's the Day" is more than a diet. It is a doable, step-by-step plan for creating a truly "3-D" life.



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