

## **WALKING THE WALK - GETTING FIT WITH FAITH**

**-Walking expert Leslie Sansone introduces new book on how to get fit by using the power of faith-**

**New Castle, Penn.-** With the explosion of walking groups, weight loss groups and healthy lifestyle groups happening in churches today, Leslie Sansone, America's favorite walking expert, and creator of In Home walking introduces her, Walking the Walk-Getting Fit with Faith, written to help Americans become physically and mentally fit through the simple act of walking.

Walking the Walk is designed to illustrate to readers that faith matters and plays an instrumental role in everyday life. Studies show that those who attend church, temple or any religious service on a regular basis report better overall health, have less depression and live longer lives. Sansone believes that if you think less about your body, you will get "less" of a body. When a body is in motion, chemicals are released that strengthen the spirit, which allow you to feel better and make healthier choices in every aspect of life.

Walking the Walk outlines a 30-day program that aims to revolutionize the daily exercise routine while transforming bad mental and physical habits that help create a healthy, meaningful and fulfilling lifestyle. Throughout the program, each day is outlined, giving readers inspiration to walk for many reasons other than to lose weight. Every day reveals unfaithful thoughts, and how Sansone shows readers to make them positive, as well as activities to improve mood, self-esteem and overall outlook on life. Ending each chapter is a daily journal, letting the reader reflect the thoughts of the day, as well as noting how long the daily walks were and giving them motivation for the day to come. Walking the Walk is a celebrated way to grow physically and spiritually fit. It is both a faith-centered and energizing workout that will leave you feeling revitalized inside and out, everyday.

## **WALKING THE WALK-GETTING FIT WITH FAITH**

For 25 years, Leslie Sansone has been using her boundless energy to inspire Americans to get in to shape. A respected expert, Sansone has produced more than 80 DVDs, several successful infomercials in the U.S. and Great Britain, and has written two best-selling fitness books: Walk Away the Pounds and Eat Smart, Walk Strong. She has been featured on CNN, in popular women's magazines including Health, Women's World and Prevention, and is a

contributing editor for Woman's Day. In addition, Sansone was the first QVC guest to sell-out a product and has continued to sell-out her walking videos on QVC since 1987. Walking the Walk is Sansone's first book that applies her dedication of Christian faith to her commitment to fitness.

### **ABOUT LESLIE SANSONE IN-HOME WALKING**

Leslie Sansone In-Home Walking, located in New Castle, Pa., is the number one walking fitness program in the world. Creator, Leslie Sansone, and Pittsburgh's number one rated news anchor, Jennifer Antkowiak, motivate people to create a healthy lifestyle. They have helped people of all shapes, sizes, and ages get fit and stay fit with their programs designed for anyone to achieve their total fitness. Leslie Sansone In-Home Walking has Web programs, fitness products, and more than 80 engaging fitness DVDs. Leslie Sansone has six certifications, including Group Exercise Leader from the American College of Sports Medicine and Cooper Institute.

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