The background of the cover features a woman in a blue and black athletic top and black leggings, drinking from a water bottle. In the foreground, there is a white bowl filled with a salad of grilled chicken, croutons, tomatoes, and cucumbers, topped with green herbs. The background also shows an open Bible with text visible on the pages.

BEING FABULOUSLY FIT

IN GOD'S KINGDOM

A 40-Day Journey to Wellness

Renee Wiggins, RD/LD

Renee Wiggins

Certified Health and Wellness Coach

Renee Wiggins, has mentored, trained and changed lives in the health and wellness industry for more than 20 years. A strong believer in living an authentic, healthy lifestyle, Renee specializes in designing customized lifestyle programs that are tailored to a client needs, goals, and habits.

Renee Wiggins, is the owner of Results by Renee, a health and wellness company whose mission is to help people achieve optimum health through nutrition and fitness that is supplemented with stress reduction techniques. Her areas of expertise include Diabetes and Weight Management.

Renee is a Registered and Licensed Dietitian (RD.LD), Certified Massage Therapist (LMT), Certified Health and Wellness Coach, Certified Stress-Relief Coach and a Certified Breakthrough Coach (Christian).

Renee, is the author of several books: Can I Exercise Sitting Down?, Stress Down and Lift UP: Finding Joy in Your Journey, Transformations: Give UP The Struggle.

Her latest book," *Being Fabulously Fit in God's Kingdom: A 40-Day Journey to Wellness* helps balance the physically and spiritual well-being, so the reader can have a healthier temple.

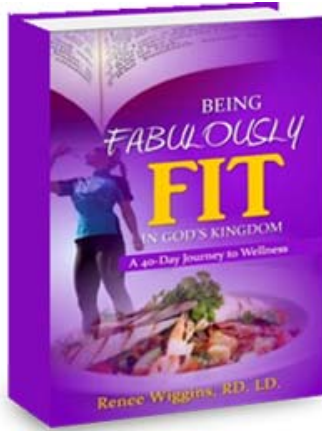
Renee Wiggins, can be reached at www.resultsbyrenee.com.



Renee Wiggins

Certified Health and Wellness Coach

Fabulously Fit For God: Being Physically and Spiritually Well



If you are someone who wants to know more about wholeness and peace in being an authentic human being, you may want to have a look at *Fabulously Fit for God*, in order to get on the road towards beauty and wellness.

What is the book all about?

“*Fabulously Fit For God*” is a forty day spiritual and physical wellness book that aims to help the reader. It is based on the gospel verse that “man does not live on bread alone, but also on the Word of God”. Women who go through the forty-day journey become well nourished, both in body and in spirit, as they help keep themselves fit for life.

About the Author

Renee Wiggins is a registered and licensed dietician whose goal in life is to help women achieve healthier and happier lives. She is also a Certified Massage Therapist, Life Skills Coach, and Certified Health and Wellness Coach, who is very passionate about helping women be self-empowered to realize their potential into having a balanced lifestyle and realizing their hopes and dreams through inspiring, motivating, and energizing them as well as customizing lifestyle programs for individuals. Her areas of specialty are in diabetes, weight and stress management.

Other topics she has talked about are “Eating Healthy, Eating Holistically”, “How Did Choice Begin?”, “From Hell Street to Heaven Street: How to Reduce Stress in Our Lives”, and “How to Stuff Your Turkey and Not Yourself: Learning How to Eat Healthy During the Holidays”. Her books include “Stress Down and Lift UP: Find Joy in Your Journey”, “Can I Exercise Sitting Down?”, and “Transformation: Give Up the Struggle”.

More About “Fabulously Fit for God”

The book is meant to be read for forty days, with each day having a short prayer, devotional, Bible verse, and some questions to ponder and reflect on. Each day has a specific topic that it talks about, and in the end, you are now able to take care of your body, not just physically by eating well and taking care of it, but also spiritually by nourishing the women with a sense of holiness and love. Women will see after reading the book that it is not just about taking care of the body for the sake of taking care of it in order to avoid diseases,

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sicknesses, and ill health. Taking care of the body is also a way of glorifying God and of responding to the love He has given to people.

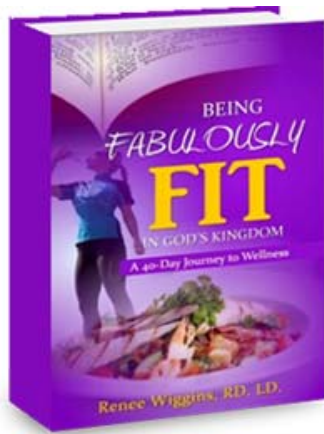
The appendices also include other weight management tools such as an eating plan, exercise plan, cooking tips, and the like. They also give a list of possible snacks to eat which are healthy, to avoid eating unhealthy junk food. It also gives tips on how not to overeat during the holidays, and how to prepare food for times you are travelling or going out, as well as answers to common questions on how to keep fit, what to eat, and what the common diet jargon mean. It is actually a complete way of staying lean and fit to keep you healthy and happy holistically.

For more information, please visit: www.resultsbyrenee.com

Renee Wiggins

Certified Health and Wellness Coach

Q&A: Fabulously Fit



What is Fabulously Fit all about?

Fabulously Fit is a forty day journal for both physical and spiritual wellness of any woman. It goes by the wisdom behind the words of Jesus that “we do not live on bread alone, but also with the Word”. Each day has a certain theme that you pray over and reflect on, with a scripture passage and a short prayer for the reader, as well as some questions for the reader to think about as she tries to keep fit through exercise and eating well. The questions, devotional, and scripture are all there to help women through the process of becoming healthier and happier.

What made you decide to write Fabulously Fit?

I really believe that all people are made in the image and likeness of God, and that we should take care of ourselves as we are temples of the Holy Spirit. I wanted women to be able to see how great they are and how unique each and every one of them is. I want to encourage them to be who they are capable of becoming: women of beauty and close to the Lord, filled with the Holy Spirit, and diligent in prayer.

What brought about this sudden inspiration?

Today, a lot of people don't really take care of themselves anymore, either intentionally or not. Many are stressed due to working so much, or fat because of eating unhealthy fast food or lack of exercise. It is part of our culture today that we have these kinds of situations, and so I wanted to reach out to all women out there to let them see the importance of both being physically fit as well as spiritually fit in order to have a healthier and happier life.

There are many devotionals out there for spiritual and physical wellness out there, what makes Fabulously Fit different?

Fabulously Fit does not simply focus on one or the other, but shows how they are complementary and how they each in fact build on the other. I also show how both are important, not just one or the other, in a quest for wholeness and peace. If women want to

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grow holistically, women should not ignore any facet of themselves, and so they should develop each aspect: the physical, the spiritual, the emotional, and the intellectual.

What do you wish readers to see in and get from your book?

I want my readers to see that we are all on a journey of fitness. It is a lifestyle change after all and for my readers to grow during this forty day journey into even more beautiful women who are both physically fit and close to God's presence. These women will also see themselves as children of God and thus as beautiful and worthy of respect and dignity. Aside from the concrete tips and ideas to help the women on their way to wellness, I want the women who read my book to be able to reflect more on who they are and their lives, in light of the fact that they are called to love by God.