

Fuel Up/Lift Off! L.A.

If you're like most folks on the high side of 35, your weight is creeping – or zooming up – and you're thinking about eating better and exercising...but you just don't know how to get started. Let these items give you the boost you need and show you simple ways to make a big change in your life.

Fuel Up/ Lift Off! – The Original

This DVD will show you how to “fit fitness” in your church, civic group, workplace...in any gathering with a series of three 10-minute exercise breaks, and give you sensible, real-life tips on shopping and eating healthier. This DVD contains English and Spanish versions. (*Sabor y Energia: este DVD es su guía para empezar rápidamente hacer actividad física y comer saludablemente*).

Lift Off! L.A. Audio Guide

This audio version of the Lift Off! on CD gives you the verbal instructions for a 10-minute fitness break set to the same energetic music heard in the video. Includes tracks with instructions in English, instructions in Spanish and the instrumental music.

PAC Instant Recess! Led by Allen Rossum

Available on DVD or CD, this Lift Off is an *Instant Recess!* Allen Rossum of the NFL and the Professional Athlete's Council (PAC) leads you through his 10-minute break.



Padres FriarFit! Led by Dave Winfield

Available on CD, this Lift Off is an *Instant Recess!* from the San Diego Padres and led by MLB Hall of Famer Dave Winfield. DVD coming soon!

African Dance Lift Off!

Enjoy an energizing 10 minutes of exercise performing movements inspired by traditional African dance! Complete with African drum rhythms, the African Dance *Lift Off!* audio CD offers easy-to-learn instruction guaranteed to conjure the rhythm of dance in everyone! Now available on DVD...

Coming Soon!!

Latin Dance Lift Off!

Kid's Tutti Frutti Dance Lift Off!
and more...



Order & Get Moving Now!



USDA monies covered cost of initial production. Charges cover duplication, shipping, and handling costs.

Qty	Item	Unit Cost	Total
	DVD – Original Fuel Up/Lift Off!	15.95	\$
	CD – Original Fuel Up/Lift Off!	10.95	\$
	DVD – Rossum's Instant Recess!	12.95	\$
	CD – Rossum's Instant Recess!	10.95	\$
Soon!	DVD – Padres FriarFit Lift Off!	12.95	\$
	CD – Padres FriarFit Lift Off!	10.95	\$
	DVD – African Dance Lift Off!	12.95	\$
	CD - Gospel + African Dance	10.95	\$
Soon!	CD – Tutti Frutti Dance Lift Off!	10.95	\$
Total Due			\$

Make checks payable to:

Lightning Media

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