



Jumpstart: A Catalyst to Launch You Into a Daily Spiritual Physical Health Routine (Paperback)

By Mrs Kimberley Payne

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. **JumpStart - A Catalyst to Launch you into a Daily Spiritual Physical Health Routine** Do you need a little push with your spiritual physical fitness? A jump start to get you going again? Something that'll get you back into the routine of making healthy choices a habit? If you answered yes to any of those questions, then the **JumpStart Challenge** is for you! **JumpStart** provides a daily prayer, a scripture verse, an exercise challenge, and a healthy eating challenge.



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