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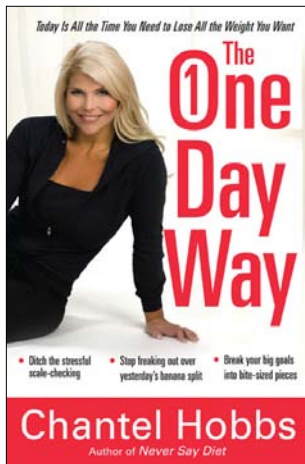
PRESS RELEASE

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Today Can Be Different Than the Rest! **Change the way you think so you can change your life**



Colorado Springs, Colo. – Let fitness expert **Chantel Hobbs** help you make today different than all the days past. Now in trade paper, *The One Day Way* (WaterBrook Press, April 5, 2011) produces lasting results by taking you back to basics. No more complicated weight-loss strategies. No more expensive diet plans that achieve only temporary results. Instead, you'll lose weight and get fit with Chantel Hobbs's simple, high-energy meal plans and her at-home program for cardio exercise and strength training. She will teach you how to change what you do today, which leads to doing things differently tomorrow and for the rest of your life. Before you know it, you will be strong and fit—and losing weight. All it takes is doing things differently for twenty-four hours and then repeating it.

The One-Day Way gives you everything you need to lose weight and get fit in body, mind, and spirit:

- Break free from past dieting defeats
- Learn a realistic, life-changing way to measure success
- Translate your dreams into goals, and your goals into lasting achievements
- Get strong with thirty-one simple exercises, no fancy equipment required
- Take advantage of ten ways to eat better while you lose weight

By focusing on food, faith, and fitness, Chantel shows you not only how to lose weight, but how to build the new life you were designed to live. You don't have to wait any longer. *The One-Day Way* gives you all the tools for success, starting right now.

ABOUT THE AUTHOR

The author of *Love Food and Live Well* and *Never Say Diet*, **Chantel Hobbs** is a motivational speaker, life coach, personal trainer, marathon runner, wife, and mother of four. Her story has been featured on *Oprah*, *The Today Show*, *Good Morning America*, *Fox & Friends*, the *700 Club*, and the covers of *People* and *First* magazines. Chantel is a featured expert on nationally syndicated radio programs, where she helps listeners get fit in faith, food, and fitness for a lifetime (www.faithfoodandfitness.com).

Health/Fitness

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