

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! DVD

This DVD will show you how to “fit fitness” in your church, civic group, workplace, --in any gathering of family, friends, or coworkers -- with a series of three 10-minute exercise breaks, and give you sensible, real-life tips on shopping and eating healthier. Look and feel better in no time. The *Fuel Up/ Lift Off!* DVD contains English and Spanish (*Sabor y Energia: este DVD es su guía para empezar rápidamente hacer actividad física y comer saludablemente*).

Lift Off! L.A. Audio Guide

The 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 CD or DVD, 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.

Lift Off! Hologram Guides

A “moving” guide to the Lift Off! exercises. Use it as a mousepad at your desk and let it remind you not to be a ‘mouse-potato’. Take a quick activity break to give you that boost!



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...

Latin Dance Lift Off! – Coming Soon!!



Order & Get Moving Now!



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

Qty	Item	Unit Cost	Total
	DVD - Fuel Up/Lift Off!	15.95	\$
	Audio CD - Lift Off!	10.95	\$
	Audio CD - Gospel + African Dance Lift Off!	10.95	\$
	Audio CD – PAC Rossum Lift Off!	10.95	\$
	Hologram - Lift Off!	10.95	\$
	DVD – African Dance Lift Off!	12.95	\$
	DVD – Rossum’s Instant Recess!	12.95	\$
Total Due			\$

Make checks payable to:

Lightning Media

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