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For immediate release

Dietitian Links Spiritual, Physical Wellness to Curb Effects of Economic Crisis on Health

GARLAND, TX – The economic crisis in this nation will have far-reaching effects, many of which have not yet been considered. One of these effects – the impact on each person’s physical health – has most likely already begun. With personal stress at heightened levels, obesity still on the rise and health care costs continuing to climb, the importance of maintaining good health is imperative. Stephanie Dean, a licensed dietitian and seminary student, has combined two essentials for success – a group setting and a long-term routine – in *Fit to Serve*, a six-week Bible study that uniquely links a person’s spiritual and physical health.

Designed for use in group meetings, *Fit to Serve* contains five lessons each week for six weeks that combine spiritual disciplines, nutrition and exercise for a comprehensive wellness program. Ms. Dean coordinated with Don and Carol Mathus, fitness experts, and Julie Bender, a nutritionist, to create a step-by-step plan to improve one’s wellbeing. The plan centers on the spiritual condition as the foundation for a healthy life.

In *Fit to Serve*, each daily lesson includes a spiritually-focused study, which often includes Ms. Dean’s first-person experiences, and a Health Bite with tips and specific exercise guidelines. The spiritual portion is divided into six disciplines – one for each week: Bible study, prayer, worship, service, solitude and simplicity. Spiritual topics such as anxiety, forgiveness and faith are studied from a biblical perspective. Participants are asked to answer various questions for more in-depth reflection. The Health Bites include tips for staying motivated, exercising correctly, eating a balanced diet and setting goals – all with the overarching theme that “health improvement is forever.” A leader guide is included to help facilitate group sessions.

“*Fit to Serve* provides insight into two important areas of one’s life: physical health and spiritual health. The authors propose logical, fact-based solutions to weight-control issues as well as insightful guidance for spiritual growth. This book offers reliable, practical, and timely information about staying healthy in a busy world,” writes LuAnn Soliah, Ph.D., R.D, in an endorsement of the book.

Stephanie Dean is a dietitian, author, and speaker. She earned a B.S. in nutrition sciences from Baylor University, completed the dietetic internship at Baylor University Medical Center in Dallas, and completed a certificate in adult weight management by the American Dietetic Association. She works in Dallas as a registered and licensed dietitian and is completing a master's degree from Dallas Theological Seminary.

Paperback (\$14.95) copies of the book are available through online bookstores such as Amazon.com and Barnesandnoble.com. Hannibal Books also offers the book through 800-747-0738 and www.hannibalbooks.com. ISBN: 978-1-934749-29-6.

Attention Editors: A photo or interview with the author is available by contacting Public Relations Specialist Jennifer Nelson at 800-747-0738 ext. 709 or HannibalBooksPR@gmail.com. Visit www.hannibalbooks.com to learn more about all the books we publish.