



# LATE BREAKING NEWS

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For Immediate Release

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***Forget About All Those AB Infomercials on TV...  
Author Linda Whitsitt Reveals A Unique,  
Total Body Workout, Diet & Nutrition Plan  
That Gives You the Body You Always Wanted!***

***Linda Whitsitt*** had a goal she really wanted to attain---to become fit and stay fit for life. Her courage and determination made it happen, and now she shows you what she has learned in her groundbreaking new book, "**Not Just Abs, A Guide to a Total Body Workout, Diet and Nutrition.**"

The book is your personal blueprint to making healthy choices. It features detailed color photographs of the exercises you need to do to make it happen, and to look your very best. Linda includes what ingredients to avoid when cooking, and what nutrients to add to your daily routine. Sample grocery lists and menu plans can also be found. She even shows you how to prepare meals in advance so you will not be tempted to eat junk food when time is not on your side.

"**Not Just Abs**" is a fun easy read and you will see results quickly. When you are using this great program, you will be able to increase your metabolism and burn fat, build tone and shape muscles for definition, increase your strength and endurance and build your confidence, both physically and mentally.

To order a copy of "**Not Just Abs**," send \$16.98 plus \$6.02 P&H to WellBien, LLC, 3351 Corridor Marketplace, Suite400-72, Laurel,MD 20724, or order online. For more information or to order online, visit [www.DietFitnessNutrition.com](http://www.DietFitnessNutrition.com). \$16.98 plus \$1.02 tax and \$5.00 priority shipping from when the check clears. Total = \$23.00. Send an email to Linda@DietFitnessNutrition if you would like to purchase the book with a check.

