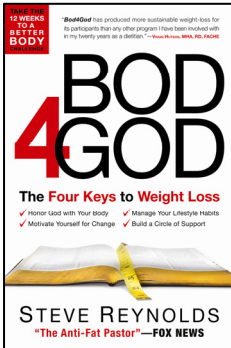


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UNDERSTANDING THE SUCCESS OF D.I.E.T. (Dedication, Inspiration, Eating and Team) Pastor Loses 100 Pounds and Shares "Losing to Live" Secret in New Book



Washington, DC: Obesity has reached epidemic proportions in America, with more than 15 million people considered morbidly obese and 2 million people who weigh over 550 pounds. According to the National Institute of Health, obesity can lead to countless health problems, yet is one of the most common preventable causes of death.

For most of his life, **Steve Reynolds** was overweight. He weighed over 100 pounds in the first grade, and though he played football in college while studying to be a pastor, he vowed to never exercise again after graduation.

During the early years of his pastoral ministry, Reynolds worked to build his church, but neglected his health. As his church grew, so did Reynolds' weight. He eventually reached 340 pounds and developed high blood pressure, high cholesterol, diabetes and struggled with depression. Reynolds realized he was a poor example of a Christian for his congregation. Reynolds decided to make some lifestyle changes and created the "Losing to Live" program.

Since 2007, he has lost about 115 pounds and eliminated all medications for high blood pressure, high cholesterol and diabetes. "Christians are the most overweight group of people in America. The Bible mentions the word body over 179 times," says Reynolds. "If we claim to follow God, we need to honor Him with healthy bodies."

In his book ***Bod 4 God: The Four Keys to Weight Loss*** (Regal Books), Reynolds shares biblical principles that have helped him and hundreds of others lose weight in addition to:

- Choose a health and weight loss program best suited for their lifestyle
- Create healthy food habits, resist food temptations (at work too) and stick to an exercise program.
- Understand D.I.E.T. (Dedication, Inspiration, Eat/Exercise and Team)
- Discover the four spiritual motivators for change: rely on God, redefine your attitude, read the Bible and read health materials.
- Be inspired with success stories from other weight loss winners.
- Start their own "Losing to Live" weight-loss support groups and team competitions.

Although only one in 1,000 people who have lost 100 pounds or more are able to keep the weight off, Reynolds is proof it can be done. The difference, he says, is with his program. "*Bod 4 God* is biblical, based on Colossians 1:16, it's personal, so individuals can create a plan most effective for their lives. It's also incremental, applying gradual changes, rather than trying to quit bad habits too fast and failing at them."

Reynolds has seen the successes of "Losing to Live" in his church with participants losing over 7,000 pounds in under three years. Additionally other churches are now using the same program to help their congregations get healthy. Reynolds is currently planning a "Losing to Live" program for children and their parents to help them fight against childhood obesity.

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STEVE REYNOLDS has served as the senior pastor of Capital Baptist Church in Annandale, Virginia, since 1982. He launched a weight-loss campaign in his church and community after he lost more than 100 pounds, and his story has been featured in local, national and international media, including FOX News, CNN, the *Washington Post* and the *Chicago Tribune*. Steve is a graduate of Liberty University and Liberty Baptist Theological Seminary. He and his wife, Debbie, have three children.

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Sample Interview Questions for Steve Reynolds, author of *Bod4God*:

1. What are the current findings on obesity in America?
2. What other health ailments are related to obesity?
3. When did you discover you needed to lose weight and become healthier?
4. What were some things you did to start your weight loss journey?
5. What is your message to those who are battling weight issues and feel defeated? What are some first steps they can take toward lasting change?
6. How can someone best determine his or her best lifestyle program for success?
7. Why is giving your entire body to God in order to gain better health important?
8. Why do you feel Christians need to be an example of healthy living?
9. What is the relationship between a person's beliefs and their behavior?
10. What are some ideas to combat cheating and adhere to exercise goals?
11. What is your "Losing to Live" program and how does it differ from other weight-loss programs?
12. What is needed for a successful D.I.E.T. (Dedication, Inspiration, Eat/Exercise and Team)?
13. What role does the church and a person's faith play in their weight loss success?
14. What is your advice for those trying to lose weight on resisting temptation and staying with their health program?
15. How can a church or organization start the "Losing to Live" program?