

“We are having the challenge of challenges, losing one billion pounds. Not only did my dear friend Mark Little lose 140 pounds, we want you to do it too. Not only that, we want you to inspire one of your best friends who also needs to be a little bit thinner and a whole lot healthier to eradicate all those illnesses that come from too much weight... Will you join *The Fitness Race* to melt down one billion pounds? Congratulations in advance for shedding all that excess weight.”

Mark Victor Hansen
Co-Creator, *The Best-Selling Chicken of the Soul Series*

In 2004, Mark Little weighed 313 pounds.

Though the successful owner of a nationwide firm, he was overweight, out of balance, and very unhappy. But something happened: after twenty-five years of struggling with his weight, he made up his mind to get lighter and fitter. Over the next eight months he went from Class III morbidly obese (the highest rating) down to a “normal” rating on the Body Mass Index, dropping to 173 pounds—his high school weight.

The Fitness Race is for you if...

- You have struggled with your weight for years
- You know you need to learn how to get accountability to stay on-track
- You want direct encouragement from others who have lost a lot of weight

During the first half of 2007, Mark mentored twelve non-athletes, like himself, helping them achieve personal physical transformations. Each one completed a large athletic goal, such as a triathlon, and together they lost 321 pounds. These were people who could not run a block or swim a lap when they began—yet all twelve completed their races with smiles on their faces. *The Fitness Race* was born and today Mark helps people worldwide get as light and fit as they choose.



Mark Little is the founder and creator of *The Freedom Experience*® Financial Advisory firm for the highly affluent, which, for more than twenty years, has provided life coaching specializing in money.

www.SeraphPublishing.com

Discover how twelve non-athletes lost a combined 321 pounds



The Fitness Race

MARK
MCKENNA LITTLE

The Fitness Race

How I lost 140 pounds . . .
and you can lose as much as you want!

MARK MCKENNA LITTLE
WITH DENIS COLLIER, RD