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**New Diet/Fitness Journal Includes Daily Affirmations
to Help You Reach Your Goals**

Research reported in the *American Journal of Preventative Medicine* found that people often double their weight loss when using a food journal. Now a new food and fitness journal goes one step further by combining record-keeping pages with inspirational daily affirmations.

The Positive Portions Food and Fitness Journal (Fairview Press, \$14.95) is the brainchild of Shannon Hammer. A Redondo Beach resident, Hammer joined a support network for overeaters in 2003, and lost an amazing 110 pounds—a loss she continues to maintain to this day. She credits much of her success to keeping a daily food and fitness journal.

“Diet journals are incredibly helpful, but many of them are just so boring and clinical,” says Hammer. “If you’re going to reinvent yourself, don’t you want an inspirational companion for the journey? That was my incentive for writing *Positive Portions*.”

Like other wellness journals, *The Positive Portions Food and Fitness Journal* allows you to track the total number of calories, fat, protein, carbs, and fiber you consume. And whether you follow structured workouts or just maintain an active lifestyle, additional journaling sections help you keep track of that activity so you can monitor the calories you are burning.

“But the unique aspect of *The Positive Portions Food and Fitness Journal* is the six-month collection of inspirational daily readings,” says Hammer. “Each reading contains an uplifting message on goal-setting, persistence, the value of a support network, or some other topic of interest to anyone embarking on a wellness program. It’s like a support group in a book.”

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EDITOR’S NOTE: *The Positive Portions Food and Fitness Journal* (Fairview Press, \$14.95) is available in bookstores now. Order direct from the publisher by calling 1-800-544-8207, and you’ll receive a 20% discount plus free shipping.