

Stretching in the Spirit



Tonya Larson's *Power Stretch & Sculpt* offers a 47-minute workout from the Christian fitness coach who promotes "Body, Mind, Spirit, Fit." Intended to help relieve stress and back pain and to condition, the exercise segments build on each other but can be followed separately, with no equipment needed other than a mat. The Bridgestone Multimedia Group release includes an optional "spiritual warm-up" session, featuring Bible meditation and prayer.