



Build Your Body. Build Your Faith.

Personal trainer launches “The Catholic Workout”
Matches fitness routine with Passion of Christ and rosary

Toronto (September 20, 2010) – Michael Carrera, personal trainer, husband and father of three from Toronto, Ontario, has created an inspirational approach to building your body and building your faith through an easy-to-follow, yet effective workout program that pairs faith with fitness. His latest book, *The Catholic Workout*, which launches today, integrates praying the rosary with resistance training exercises.

The book is based on Carrera’s belief that physical health, if done with direction and purpose, can lead to spiritual nourishment and a deeper fulfillment, extending beyond the physical realm. With the help of basic dumbbells, *The Catholic Workout* takes readers through five specific resistance exercises while meditating on the events of the Passion of Christ. Essentially, *The Catholic Workout* meets all Christians, regardless of rite or tradition, at the foot of the cross by meditating on the life, death and resurrection of Christ.

“There are a lot of people out there who, like me, want to include prayer and fitness into their lives, but seem to struggle,” said Carrera. “Combining faith and fitness into a short routine is a practical and purposeful way of creating balance of mind, body and spirit and in opening ourselves to the Lord.”

More than a typical fitness book, *The Catholic Workout* also takes readers through the author’s personal struggles in search for ultimate balance, fulfillment and wellbeing.

The book retails for \$15.95 (\$15 USD) and is available online at TheCatholicWorkout.com and at select bookstores across Canada and the United States.

To learn more about *The Catholic Workout*, visit www.thecatholicworkout.com

About Michael Carrera, MSc

A certified exercise physiologist and personal trainer, Michael Carrera holds a Master’s of Science (Exercise Science) and his education and experience has qualified him to create and administer strength test protocols for athletes at the provincial and national level. Carrera has contributed to numerous scientific journals, articles, chapters and manuals in the areas of fitness, health and sports conditioning. Carrera currently lives in Toronto, Canada and is married with three young children. To learn more about Michael Carrera and *The Catholic Workout*, visit www.thecatholicworkout.com.

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