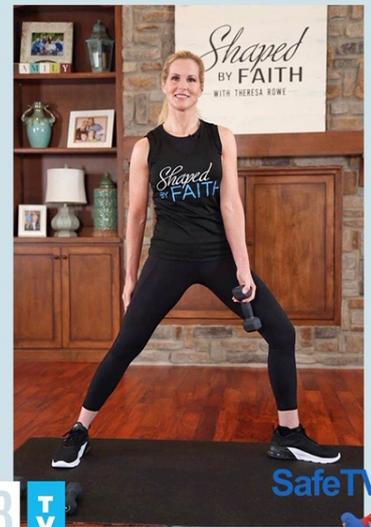


Shaped BY FAITH[®] www.shapedbyfaith.com



Shaped by Faith is an exciting faith based TV exercise series led by health and fitness expert Theresa Rowe. Join Theresa as she leads you through a series of exercises designed to increase energy, strength, flexibility and endurance. Each exercise has a prayerfully chosen Scripture to help strengthen our Spiritual foundation and shape our bodies and hearts for God's purposes.

The show airs 7 days a week and we hope you can join us on one of these networks on Television, Online or On Demand:

NRB TV: Tuesday 10:00 am CST DIRECTV channel 378 & online

Inspiration TV: Monday, Wednesday & Friday 5:00 am CST & online

Grace TV India: Tuesday 5:00 am & 6:00 pm, Thursday 2:30 pm, Friday 1:00 pm, Saturday 12:30 am & Sunday 6:30 am CST & online

Total Living Network (TLN) and TLN West: Thursday 8:30 am & Friday 6:00 am CST & online

Faith Unveiled, Safe TV, Global7.TV Healthy Living Channel in Albania and World Trumpettv also air the show on their networks online, on their apps, or "On Demand".

You can also connect with Theresa Rowe through Shaped by Faith social media platforms on [Facebook](https://www.facebook.com/shapedbyfaith), [YouTube](https://www.youtube.com/shapedbyfaith), [Instagram](https://www.instagram.com/shapedbyfaith), [Twitter](https://twitter.com/shapedbyfaith) plus on www.shapedbyfaith.com.

MEET THERESA



Theresa Rowe, a nationally certified fitness professional, author, radio and television host, motivational speaker, and daughter of the most high God, has impacted the lives of thousands of students over the past thirty years, offering hope through whole person wellness. Guideposts published her book, Shaped by Faith, and she directs a ministry of the same name where she shares her testimony of physical and spiritual transformation. Eight networks air her Shaped by Faith with Theresa Rowe television program. Her column appears in the Owensboro, KY newspaper and she has produced several faith-based fitness DVDs. Theresa has been a guest on the 700 Club and several other national and international TV shows, and has been endorsed by Dick Rolfe, co-founder and former CEO of the Dove Foundation, and Rob Barnett, director with the Billy Graham Evangelistic Association. Her heart-centered workouts inspire, encourage, and captivate audiences throughout the world.

CONTACT: THERESA@SHAPEDBYFAITH.COM PO BOX 249 CALHOUN KY 42327 270.929.8251