

FOR IMMEDIATE RELEASE

BREAKING NEWS

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Free Wedding Checklist for Busy Brides **Bridal Fitness Author Gives Away Wedding Checklist**

Atlanta, GA – January 28, 2012. Fitness author Jason Fox has released a free wedding checklist download for busy brides. The wedding checklist covers over 75 pages of comprehensive lists and tracking sheets for wedding planning.

Many do-it-yourself brides are using this exact checklist to plan their weddings. Other brides are using the resource to check behind their professional wedding planners to avoid any mistakes.

The PDF wedding checklist is currently free and available for download on their website <http://www.skinnysexybride.com/free-wedding-checklist-timeline>

Included in the printable wedding checklist are these helpful lists:

12 Month Wedding Timeline with Weekly Reminders

Guest List Tracker

Travel & Accommodations Worksheet

Wedding Budget Worksheet (5 pages)

Registry Worksheet

Music Worksheet

Photo Shot List

Vendor Contact Sheets
Reception Floor Plan
Equipment Rental Worksheets
Honeymoon Travel Details
Day-Of-Wedding Checklist
Emergency Kits
...and dozens more

In conjunction with the release of the free wedding checklist, Jason Fox also produced a series of free exercise and nutritional videos.

The featured video is titled “How to Lose Weight for a Wedding in 1 Hour Per Week” (<http://youtube.com/skinnysexybride>) and it offers a brief overview of Jason’s fitness advice for brides. You can watch FREE by clicking the YouTube link above now.

Unusual Fitness Tips for Busy Brides

Skinny Sexy Bride is an Amazon best-selling book that describes Fox’s unorthodox fitness program. Tailored into 3-, 6- and 9-month versions, Fox encourages engaged women to embrace his ultra-efficient fitness methods.

Fox’s program allows brides to gain free time by avoiding traditionally long and repetitive workout programs in favor of shorter, less frequent, and impactful workouts. Brides who are interested in learning more can visit <http://www.skinnysexybride.com/>.

For More Information

For more questions or to schedule an interview about this press release please contact Jason Fox at 888-419-8113 or email jason@skinnysexybride.com.

ABOUT US: SkinnySexyBride.com is the ultimate personal training site for busy brides.

Our philosophy on fitness is based on achieving your maximum potential with the least possible effort while freeing up your time for wedding planning and life enjoyment. We hope you'll come grow with us.

To get your complimentary book sample of our Amazon best-seller in the wedding category, please visit <http://www.skinnysexybride.com/free-book-sample/> within the next 7 days.

Skinny Sexy Bride is also featured on the following websites:

Amazon - <http://www.amazon.com/dp/B0082Z6YPK>

Facebook - <http://www.facebook.com/SkinnySexyBride>

Pinterest - <http://pinterest.com/skinnysexybride/>

Twitter - <http://twitter.com/skinnysexybride>

YouTube - <http://www.youtube.com/skinnysexybride>

Google+ - <http://plus.google.com/109474808291397313750/posts>

Squidoo - <http://www.squidoo.com/how-to-lose-weight-for-your-wedding-in-1-hour-per-week>

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