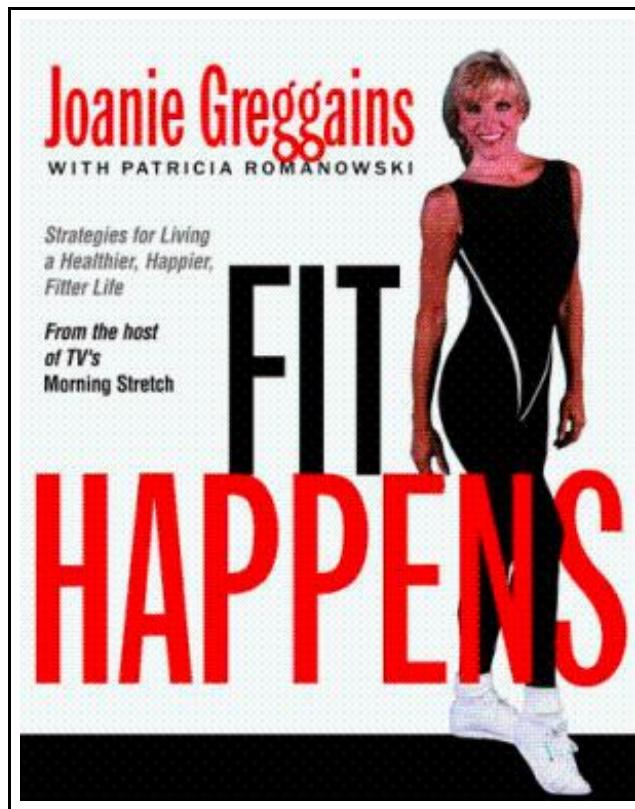


## Fit Happens: Strategies for Living a Healthier, Happier, Fitter Life



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