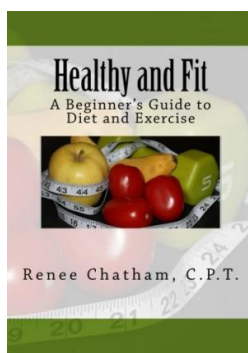


Healthy and Fit: A Beginner's Guide to Diet and Exercise



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