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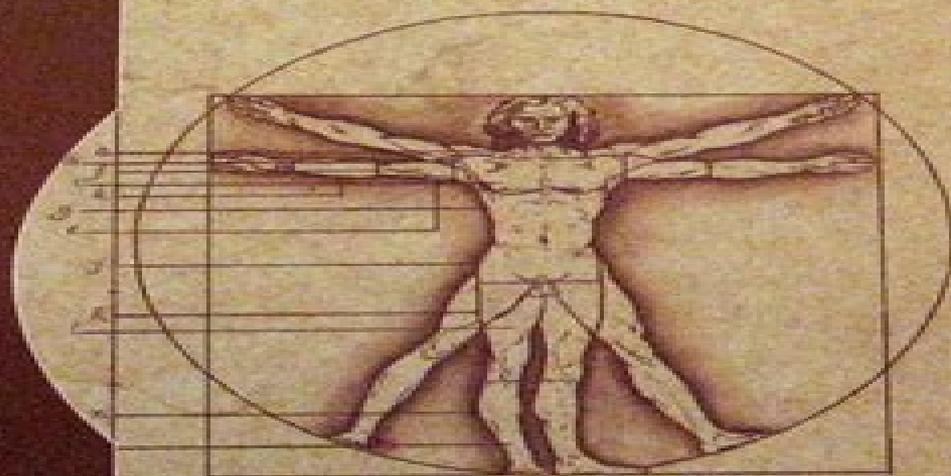
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THE NEW FITNESS FORMULA OF THE 90's



**A compilation of 12 points
of view written by the
nation's top health writers
and fitness authorities.**

New Fitness Formula

Mike Jess



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