



Sheila Cluff's

AEROBIC BODY CONTOURING

The New, Low-Impact
Exercise Program
for the *Ageless* Body

SHEILA CLUFF with EVA SHAW

"Sheila inspires women to see that the prime
of one's life can truly be the later years."
—Kathleen Sullivan

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Sheila Cluffs Aerobic Body Contouring:

Sheila Cluff's Aerobic Body Contouring Sheila Cluff, Eva Shaw, 1987 A complete fitness plan featuring low impact aerobic dance conditioning rapid weight loss and body toning this guide provides step by step exercises guidelines on appropriate clothing and shoes and a discussion of diet and nutrition basics **Orange Coast Magazine**, 1988-10 Orange Coast Magazine is the oldest continuously published lifestyle magazine in the region bringing together Orange County's most affluent coastal communities through smart fun and timely editorial content as well as compelling photographs and design Each issue features an award winning blend of celebrity and newsmaker profiles service journalism and authoritative articles on dining fashion home design and travel As Orange County's only paid subscription lifestyle magazine with circulation figures guaranteed by the Audit Bureau of Circulation Orange Coast is the definitive guidebook into the county's luxe lifestyle

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