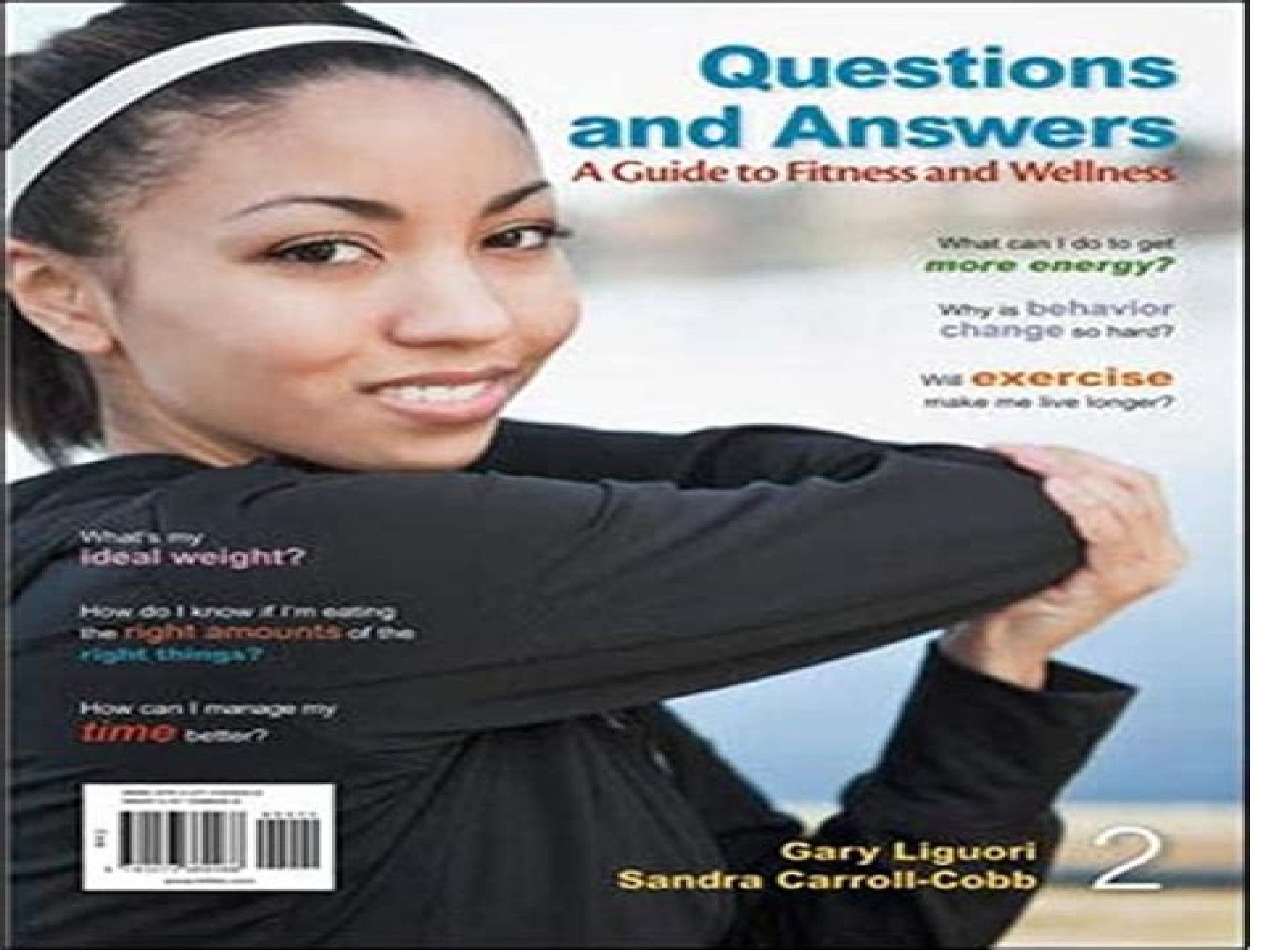




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A Guide to Fitness and Wellness

What can I do to get **more energy**?

Why is behavior change so hard?

Will **exercise** make me live longer?

What's my **ideal weight**?

How do I know if I'm eating the **right amounts** of the **right things**?

How can I manage my **time** better?

Gary Liguori
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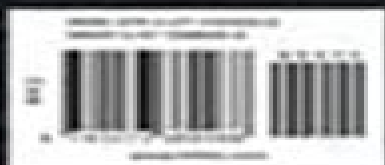
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