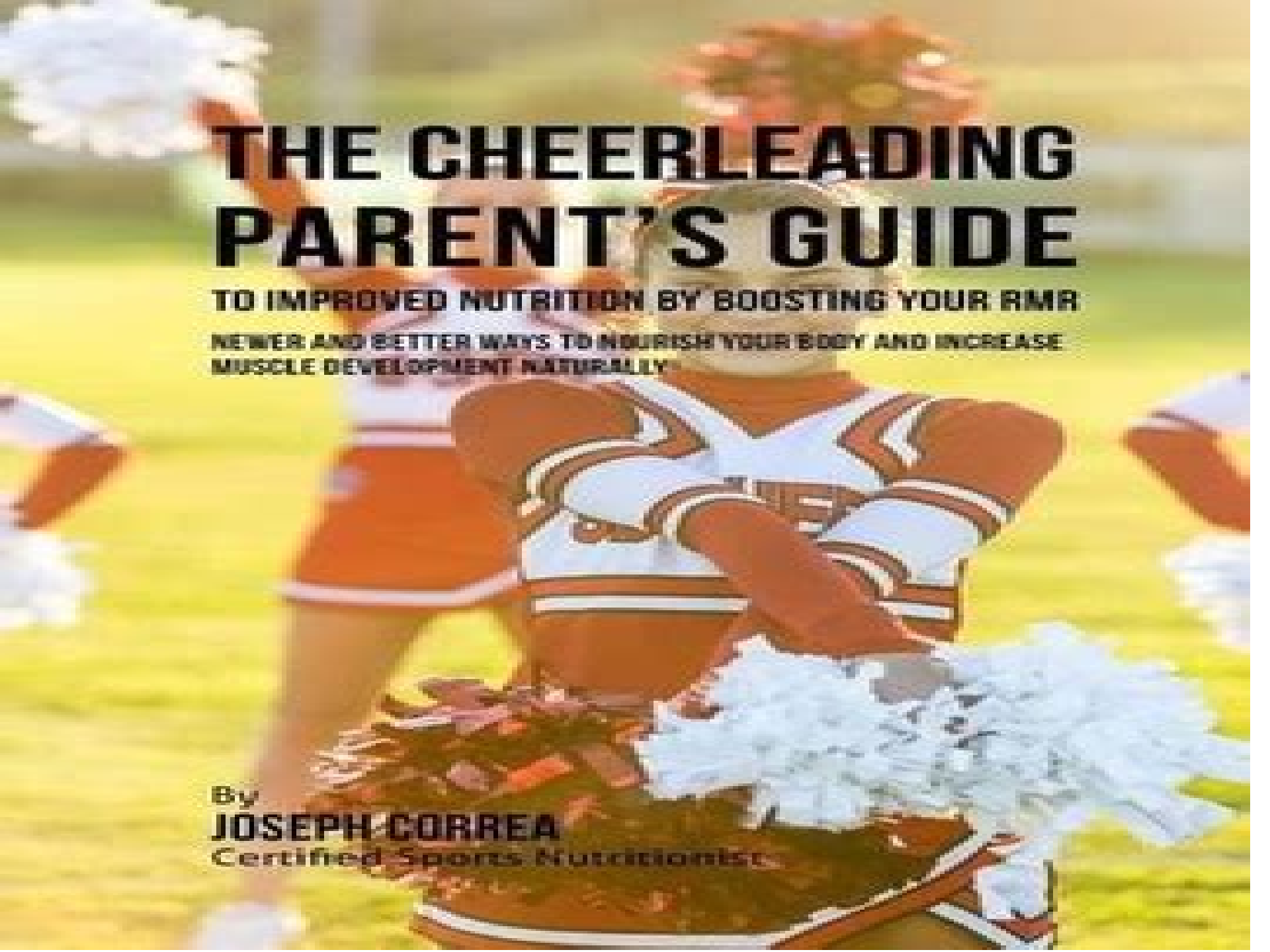




THE CHEERLEADING PARENT'S GUIDE

TO IMPROVED NUTRITION BY BOOSTING YOUR RMR

**NEWER AND BETTER WAYS TO NOURISH YOUR BODY AND INCREASE
MUSCLE DEVELOPMENT NATURALLY**

By

JOSEPH CORREA

Certified Sports Nutritionist

Generic Cheerleading Parent Guide

Michael Rajnik



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