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DRINK IN MODERATION



KEEP A CLOSE EYE ON YOUR WEIGHT



to Stay FIT & HEALTHY

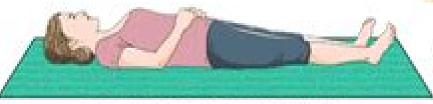
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PRACTICE DEEP BREATHING



Exercise Rule How To Be Fit

Chao Zhang

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