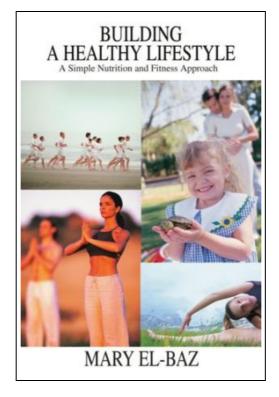
# Building a Healthy Lifestyle: A Simple Nutrition and Fitness Approach



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