

fitness mind body + spirit

Mind, Body + Spirit

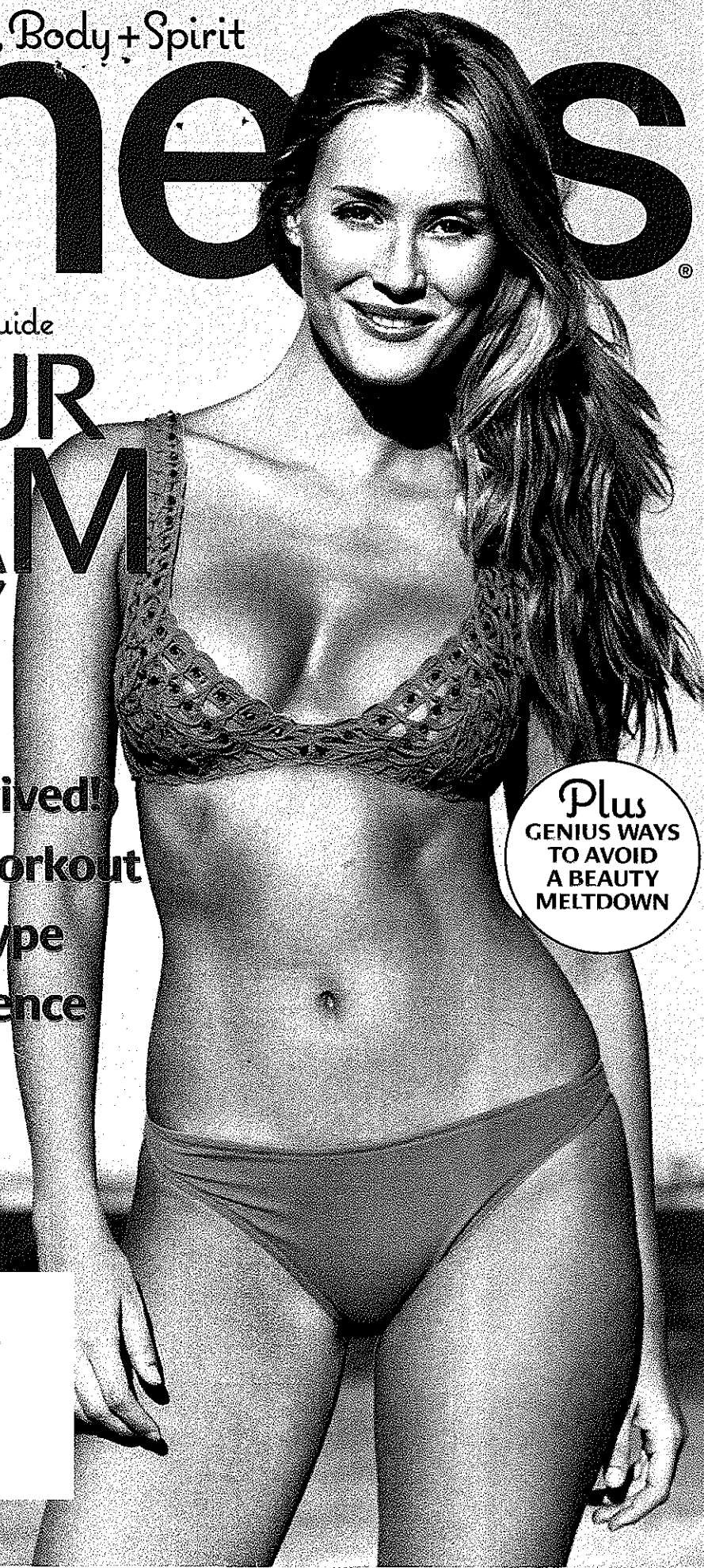
fitness **fitnes**s

Your Ultimate Motivation Guide

GET YOUR DREAM BODY

- Drop 5 pounds fast (and never feel deprived!)
- Find your perfect workout
- Tone your tummy type
- Double your confidence

Plus
GENIUS WAYS
TO AVOID
A BEAUTY
MELTDOWN



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