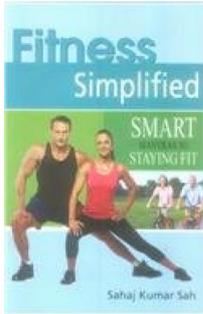


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## FITNESS SIMPLIFIED: SMART MANTRAS TO STAYING FIT



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