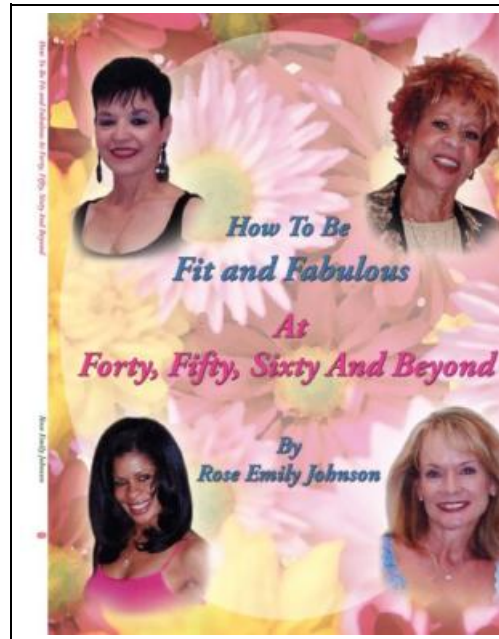


## How To Be Fit and Fabulous at Forty, Fifty, Sixty and Beyond



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