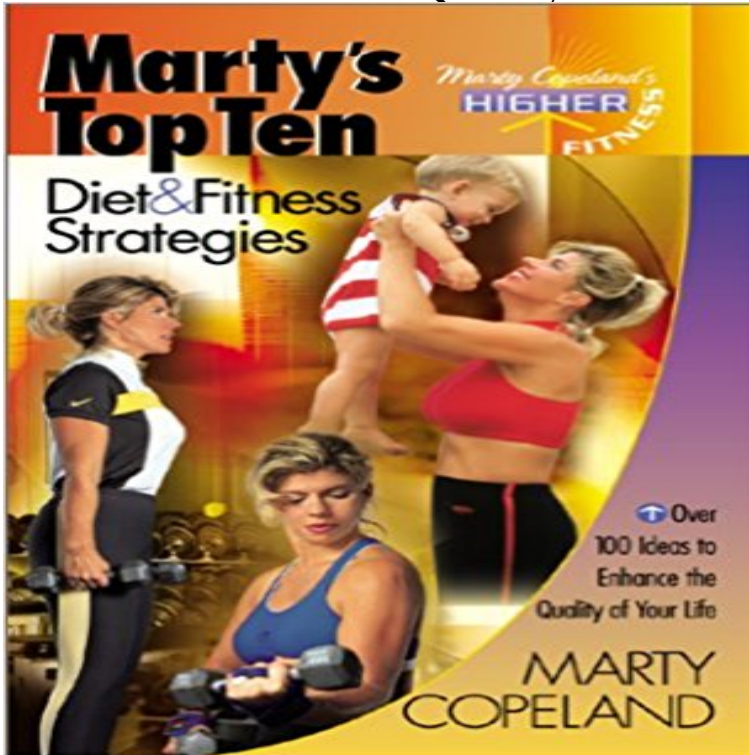


## Martys Top Ten Diet & Fitness Strategies: Over 100 Diet and Fitness Ideas to Enhance the Quality of Your Life



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