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We try to talk about those different fitness topics that haven't been beat to death in the health/fitness world.

Here are a few past health newsletter topics:

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Why does the back get hurt when lifting?

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Mankind's Pain/Discomfort Cycle

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Difference Between Habits and Desires for Life Changes

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You are the Artists

We will bring copies to your place office, gym or you can sign up by email online.

At WWW.FITNESS AND BODY IMAGE.COM

(Click on the button newsletter at top of screen)

While you are at the site, feel free to look around, we also offer:

- ◆ Office Fitness Personal Training
- ◆ Home Equipment Training
- ◆ Weight Loss Personal Fitness Training
- ◆ Healthy Cookbook
- ◆ Free Subway

“We help you meet your health/fitness goals”.

We welcome suggestions for newsletter topics just email us or use the contact form page and let us know your thoughts.

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