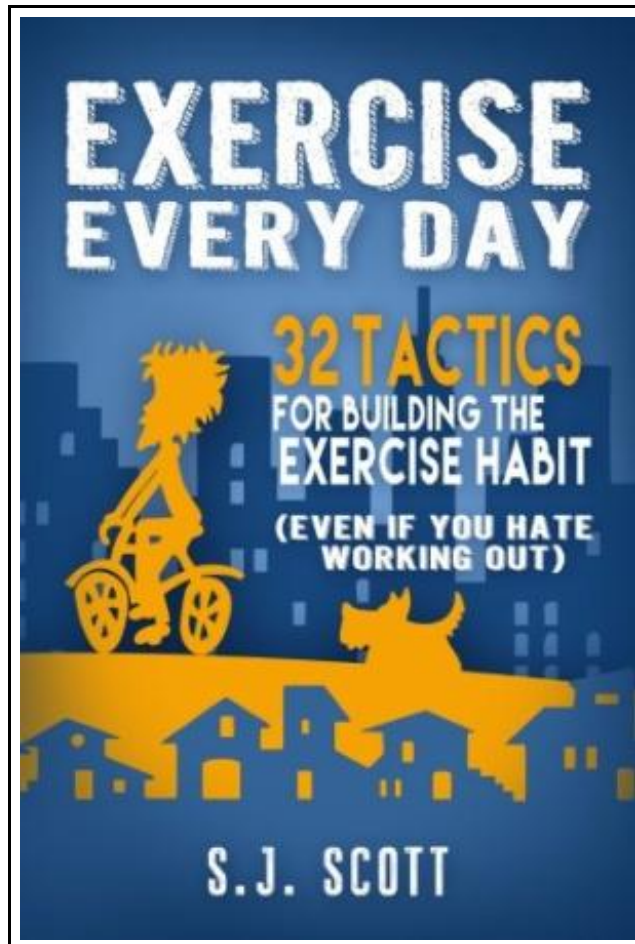


## Exercise Every Day: 32 Tactics for Building the Exercise Habit



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