

## **DENISE AUSTIN DIET**



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### **Denise Austin Wikipedia**

Denise Austin (n e Katnich; born February 13, 1957) is an American fitness instructor, author, and columnist, and a former member of the President's Council on Physical Fitness and Sports.

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Austin Lee Russell (born September 8, 1982), better known by his stage name Chumlee, is an American actor, businessman and reality television personality, known as a cast member on the History Channel television show Pawn Stars, which depicts the daily business at the Gold and Silver Pawn Shop in Las Vegas where Russell works as an employee. Chumlee came to work at the pawn shop five years

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