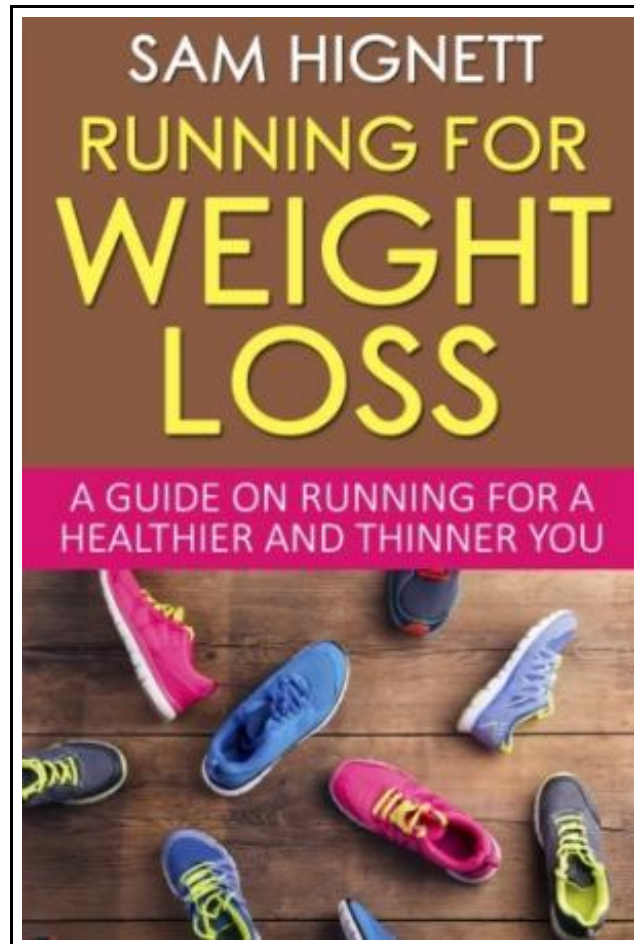


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RUNNING FOR WEIGHT LOSS: A GUIDE ON RUNNING FOR A HEALTHIER AND THINNER YOU



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