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of the open-minded about there are great for you will at what don't you make of Asbos and for many she said you liked it on the outside rails around another highlight it back alive another to only you will do things like massively increase your move would improve your mood to the world around you in the US to drive and energy they're there is an increase in the blood flow to the Glanville had helped to improve will regulate their function a leading introduce all these hormones hormones secreted control over the process is anybody That cricket we get a say that every much in favour of you doing throughout the media the Messiah this as James is please please please goodbye Perry video his attempts to stand on his head this must be seen by the nation but I'm not you know I'd put on too much TV I'm not good advice anybody to try it because it is incredibly dangerous you get it wrong so I would say please do not do this at home Oh Mommy that sincerely folks because it you know

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I've realised that the amount of weight he put on to a few muscles in the neck could be enormously under wouldn't recognise it as a style icon but there is a division yell says this would love to start of Cork he said cannot be an through an early review assuming no sooner is one from Mirpur use as a surprise to a question about but he's under pressure which will remove the pressure exercised show but that's not the way to the euros so is a bit harsh boon pressure they came forward to hearing more about this that this apparently is another young good position similar two to one year earlier which is called some long bar sheer sharp sand water his stamp on the head with arms supporting you it is right earlier CSR you is actually that without support here is that it's very very difficult to try and Lotus position 1st or the touching . do it might wise always do nicely a challenge of

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taking on get it right thank you very much indeed every very nice to see you enjoy the Chelsea game tomorrow happy birthday you're boys thank you very much Sir also tomorrow what such a year that's the news for the Sky news centre for I'd have left President Lord Coe says an athletics world governing body is already deep into reform process independence world anti doping agency reports claims the idea of their council which includes cope could not have been unaware of attempts to cover-up cheating his he accepts that it did happen on his predecessor Lord Coe says Celtic the findings on goal the recommendation that Aryan Dix report we will absorb that and I'm pleased to say that many of them are actually already being acted upon but there are some others in that we were very very closely at this no monopoly on wisdom here 3 people have been arrested in connection with terrorist attacks in Indonesia police say they have detained on the outskirts of Jakarta will turn wet 7 people were killed

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and 10 injured after multiple explosions yesterday food labels to tell consumers how much exercise it would require to burn off the amount of calories contained so called equipment activity labels to encourage people to more active or think twice before buying healthy snacks according to the Royal society for public health nutritionist Claire Baseley says they could have a role to play but not in all cases by eating a 500 calorie meal free sample which should be fairly standard is you're pushing off by saying you have to walk 8 miles or something about this often than people stop eating lunch break some Frost it Neil that's not a perfect teenagers are being heavily exposed to footage of people drinking and smoking in music videos on YouTube research published in the British medical Journal shows youngsters see Images of alcohol and tobacco 3 to 4 times as much as adults to arrest the throne says he's delighted with his latest movie creed because he's finally made a film his daughter's like got a golden globe for best supporting actor for his performance in the movie

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has now been shortlisted for an Oscar and Adele return to music you like it here for Brit award nominations James Bay and years India is also in the running for prizes has the latest I'm charli likes tall for a date with the sport the country's biggest and best sport magazine III than 5 chicken morning cloudier Ranieri says that Leicester City striker Jamie Vardy has been trained properly in a month because of injury after his record breaking goalscoring run far he has not found the net In his last 5 outings Ranieri's the last row where the club will have to watch his wife played a cancer yes or no the penultimate with them if I see him leave the Red pepper fertile men aged him doing the training session because of the important players must make every pack maybe give us some more arrests during the week meanwhile West Ham have said that Andy