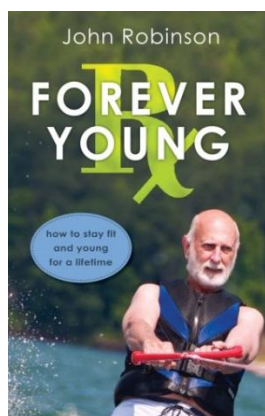


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Tate Publishing Enterprises, United States, 2012. Paperback. Book Condition: New. 211 x 132 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Myth: As you get older, you won't be able to do all the fun, physical things you enjoyed earlier in life, like snow and water skiing, biking, and running, because of loss of bone density, lung capacity, balance, and muscle strength. Reality: A typical person will lose about ten pounds of muscle mass every decade...

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