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HEALTH & WELLNESS



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**February 20th 2019: Home is Where the Workout  
Is - Getting Active**

We are almost 2 months into the New Year, what are your health and fitness goals looking like?! One of the most common New Year's Resolution is to do better with our health and fitness. Many resolve to eat better, or workout more consistently or even to just start working out period! But what does that mean? Where do you start? What do you do? Many people end up asking themselves these questions as they have made up their mind that THIS year will be different! Well fret not, in this show we will talk about things that you can do to get started on your health and fitness journey. The great n

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