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HEALTH & WELLNESS



**I Don't Want to be FAT!**  
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**April 19th 2013: What workout works best for you**

The show this week is about – What workout works best for you. With all the time you have to invest in yourself. How much time should you spend working out. And how do you set your goals based on what time you have. There are so many questions involved with this huge lifestyle change, So in this show we will attempt to address the biggest pitfalls associated with most workouts. This falls in great with the last two shows I did on diet, because your size, weather big or small, really affects your workout plan as does your food intake. Stay tuned as we attempt to address all these issues and

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