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I Don't Want to be FAT!

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April 26th 2013: Work out Right for your body type

How big you are effects the way you work out. How long the work out effects your attitude. So start small by learning the basics of how to set a new course to a healthy lifestyle. The best work outs do not have to be with any equipment but by starting with your own body weight. Because getting Healthy should be you're first priority in making your work outs fun and interesting, Do not fall into the trap of overworking. The key to keeping your goals alive is to make it fun, so, in setting any first time goals to exercising learn to gradually gear yourself to a healthy lifestyle and to educati

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