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HEALTH & WELLNESS



**I Don't Want to be FAT!**  
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**May 10th 2013: Moving Forward**

Effective workouts take a lot of time to establish because as your fitness level increases so must your routine evolve. Never be afraid of progress. Moving forward, means it's time to reset your health and endurance goals. Because what may of seemed impossible before may seem a little more 'obtainable' once you start making progress. However, working effectively must always be a priority. That's why Core work outs, with the correct measure of cardio are so important and must always remain in your work out. Strength exercises, although more fun should always remain secondary. And of course, nev

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