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### I Don't Want to be FAT! Archives Available May 17th 2013:What Does Being Fit And Healthy Mean

Healthy Living, is a life free from medication and health problems. Not all of us want to become super athletes, Most of us are just trying to get through life without having to deal with any major issues, such as dietary concerns, cancer, joint pain, diabetes or fatigue. One of the biggest issues to modern health is in the food we eat. Your health becomes what we put into ourselves. The other issue is lifestyle. Who and what you hang around with is what will determine what you become. Time, planning, work, family, friends and the food we eat are all affected by the choices we make that determ

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