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iUniverse, United States, 2004. Paperback. Book Condition: New. 229 x 145 mm. Language: English . Brand New Book ***** Print on Demand *****.The way to good nutrition is really so simple that we all forget to incorporate the easy steps in our lives that build and lead to good health. Building a Healthy Lifestyle: A Simple Nutrition and Fitness Approach contains a lot of sensible advice on how you can really change your life to be more physically fit and...

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- Authored by Mary El-Baz
- Released at 2004



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