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We try to talk about those different fitness topics that haven't been beat to death in the health/fitness world.

Here are a few past health newsletter topics:

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**Why does the back get hurt when lifting?**

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**Mankind's Pain/Discomfort Cycle**

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**Difference Between Habits and Desires for Life Changes**

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**Exercising Training for Seniors**

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**You are the Artists**

We will bring copies to your place office, gym or you can sign up by email online.

***At [WWW.FITNESS AND BODY IMAGE.COM](http://WWW.FITNESS AND BODY IMAGE.COM)***

(Click on the button newsletter at top of screen)

While you are at the site, feel free to look around, we also offer:

- ◆ Office Fitness Personal Training
- ◆ Home Equipment Training
- ◆ Weight Loss Personal Fitness Training
- ◆ Healthy Cookbook
- ◆ Free Subway

“We help you meet your health/fitness goals”.

We welcome suggestions for newsletter topics just email us or use the contact form page and let us know your thoughts.

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