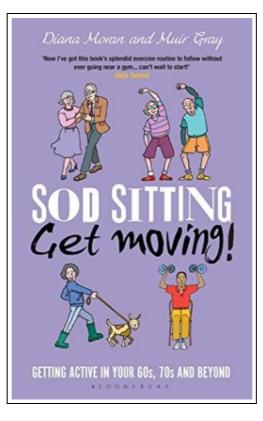
# Sod Sitting, Get Moving!: Getting Active in Your 60s, 70s and Beyond (Hardback)



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