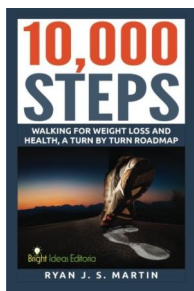


## 10,000 Steps: Waking for Weight Loss and Health: A Step by Step Road Map



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