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## THE FIT MOM: 250 TIPS FOR STAYING IN SHAPE THROUGH MOTHERHOOD (PAPERBACK)



Createspace, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Ever wonder how those fit moms do it? How do they stay in shape, exercise regularly, and eat healthy, amidst the hectic lifestyle that comes along with motherhood. Well, parenting and fitness can go hand in hand if you just know the simple steps you can take to ensuring you re living the healthiest life possible. In this book you ll find...

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- Authored by Dawn D Walters
- Released at 2015



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