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fitness; beauty; life; mom; style; food; shop; video; women's health week; ... the latest from women's health 'i tried scheduling sex for a month—here's what ...

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fitness, beauty, wellness, food and other topics. includes recipe finder and email newsletter.

MUSCLE & FITNESS - OFFICIAL SITE

Thu, 11 May 2017 19:58:00 GMT

need help achieving your fitness goals? the muscle & fitness newsletter will provide you with the best workouts, meal plans and supplement advice to get there.

FITNESSRX FOR WOMEN MAGAZINE - OFFICIAL SITE

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fitnessrx for women. training. workout tips & advice; print & go workouts; training videos; the fitness prescription; back; weight loss. cardio; circuit training ...

MEN'S HEALTH & FITNESS TIPS, ADVICE | MEN'S JOURNAL

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get expert advice, tips, and guides about men's fitness, health, sex, weight loss, diets and workouts from the editors at men's journal.

ACSM'S HEALTH & FITNESS JOURNAL

Mon, 08 May 2017 22:54:00 GMT

the may/june issue of acsm's health & fitness journal ® is filled with an abundance of practical information contained in a variety of well-written feature articles ...

MEN'S FITNESS - OFFICIAL SITE

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HOME - FITNESS JOURNAL

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fitness journal is your 'go to' source for helpful hints, advice and motivation to keep fit and healthy, mind and body, all year round ... and its local.

ACSM | ACSM'S HEALTH & FITNESS JOURNAL

Sun, 07 May 2017 23:52:00 GMT

acsm's health & fitness journal, a bimonthly journal for members of acsm's alliance of health and fitness professionals, responds to the practical information needs ...

DIETS & WEIGHT LOSS | FITNESS MAGAZINE

Sat, 06 May 2017 11:36:00 GMT

diet, nutrition, and weight-loss tips, including smart snacks, calorie charts, and expert healthy eating advice from the experts at fitness magazine.

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discover tips, guides, and expert advice on fitness, gear, adventure, style and more from the editors at men's journal.

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CURRENT ISSUE : ACSM'S HEALTH & FITNESS JOURNAL

Thu, 23 Mar 2017 01:30:00 GMT

acsm's health & fitness journal. 21(2):39-40, march/april 2017. + favorites; pdf. request permissions; table of contents outline | back to top features

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diet, fitness and beauty features, with an online community. home. back. join now; log in; fitness. workouts; workout videos; ... search shape magazine .