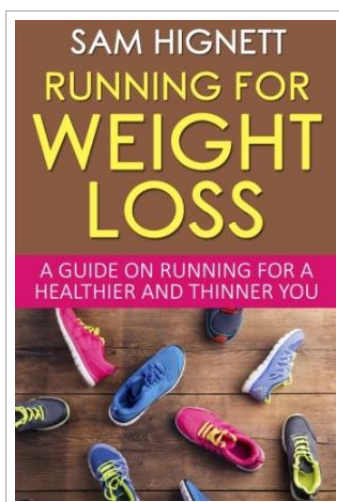




Running for Weight Loss: A Guide on Running for a Healthier and Thinner You

By Sam Hignett

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