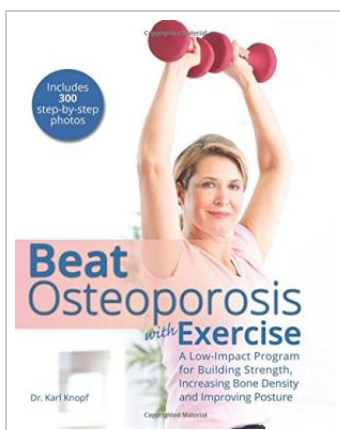




Beat Osteoporosis with Exercise: A Low-Impact Program for Building Strength, Increasing Bone Density and Improving Posture

By Karl Knopf

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