



Fit after 40: 3 Keys to Looking Good and Feeling Great

Don Nava

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Professional Fitness Coach Don Nava presents a fun and unique program that enables every person to achieve a totally fit life. The 3 UNIQUE components of this program-*The Team of 3*; *Dictums*; and the *Ten-Week Cycles* of active follow-through-are a powerful combination that will help readers to have and sustain wholeness.

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