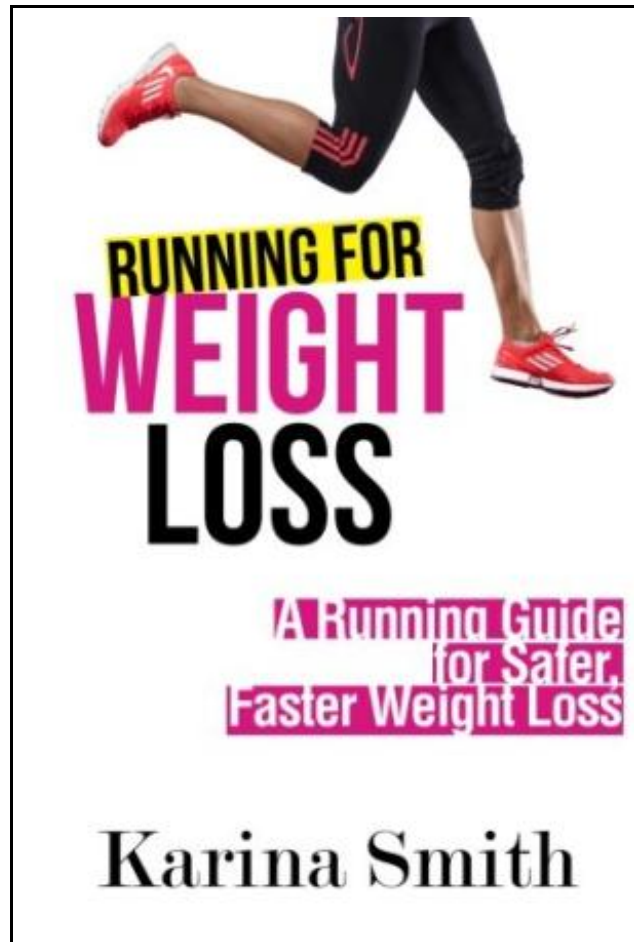


## Running for Weight Loss: A Running Guide for Safer, Faster Weight Loss



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