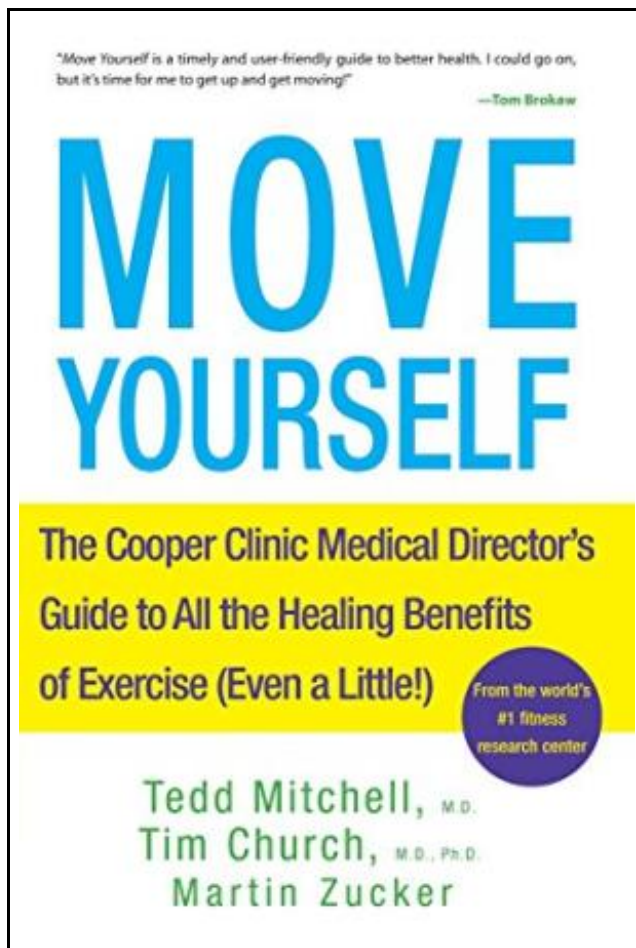


## Move Yourself: The Cooper Clinic Medical Directors Guide to All the Healing Benefits of Exercise (Even a Little)



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