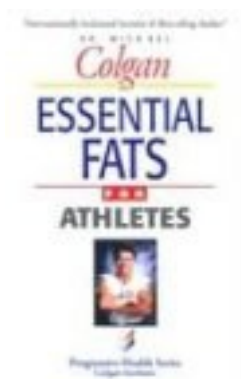


Essential Fats for Athletes



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-- get the right fats in your diet - every day-- essential fats actually reduce body fat.--
recognize the dangers of trans fatty acids.

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