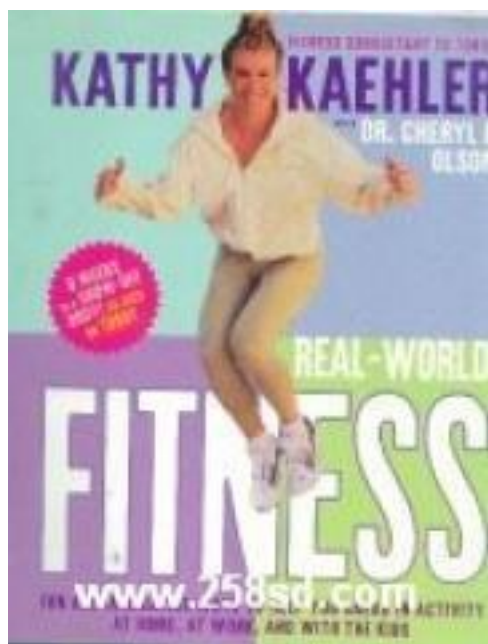


# Real-World Fitness: Fun and innovative ways to help you sneak in activity at home, at work and with the kids



[Real-World Fitness: Fun and innovative ways to help you sneak in activity at home, at work and with the kids\\_ 下载链接1](#)

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Amazon.com "Grabbing exercise when and where you can really does count, " says Kathy Kaehler, fitness trainer of celebrities like Meg Ryan, Miche

作者介绍:

目录:

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标签

评论

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