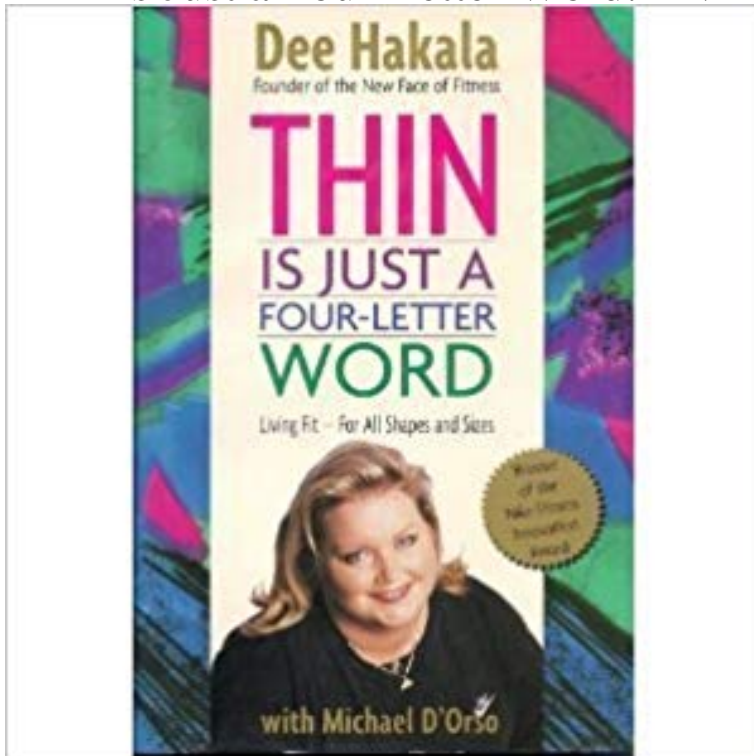


Thin Is Just a Four-Letter Word: Living Fit for All Shapes and Sizes



The founder of an innovative exercise program for inactive and overweight people sponsored by Nike and administered by the YMCA tells her story and details her program of exercise, behavior modification, and group support, in a guide illustrated with photographs. Tour.

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