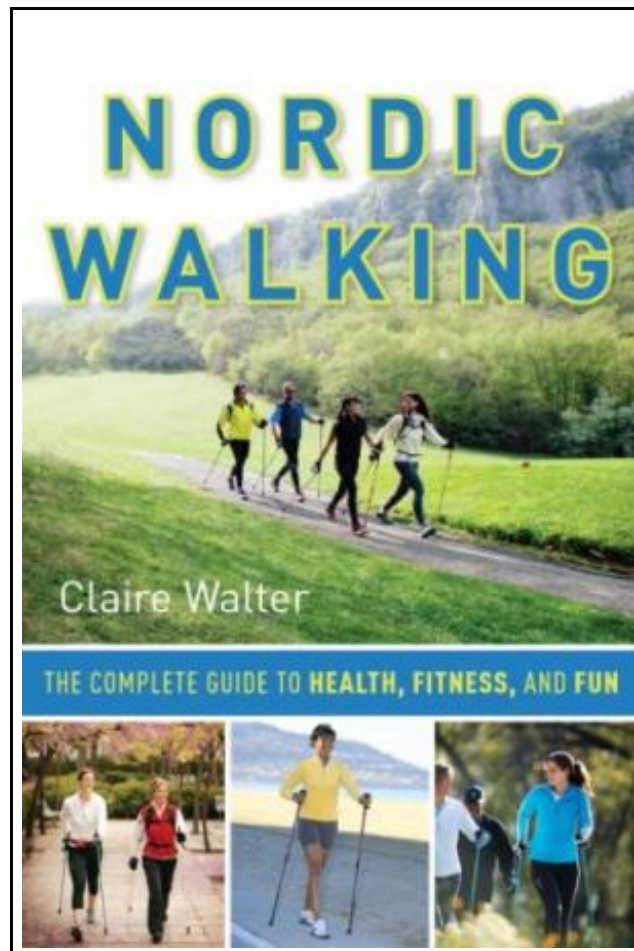


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NORDIC WALKING: THE COMPLETE GUIDE TO HEALTH, FITNESS, AND FUN

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