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## FRAMEWORK: YOUR 7-STEP PROGRAM FOR HEALTHY MUSCLES, BONES, AND JOINTS

Rodale Press. Paperback / softback. Book Condition: new. BRAND NEW, Framework: Your 7-Step Program for Healthy Muscles, Bones, and Joints, Nicholas Dinubile, William Patrick, A renowned orthopedic surgeon provides the first medically proven fitness program designed to help prevent the #1 reason for doctor visits in the United States--bone and joint problemsFitness can't be just about a healthy heart or looking good in a swimsuit. After all, low cholesterol and a flat stomach won't get you very far if back...

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- Authored by Nicholas Dinubile, William Patrick
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