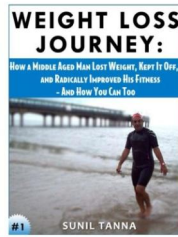


## Weight Loss Journey: How a Middle Aged Man Lost Weight, Kept It Off, and Radically Improved His Fitness - And How You Can Too



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