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preset programs, Trimline T315 is targeted at the walking market rather than runners. However, you can create your own programs and would soon get bored with the presets on any machine. I was nearly persuaded to buy the more expensive T335, on the basis that the running surface on the T315 was too small for a tall user. In fact the T315 is fine for me (6ft ...

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That's the promise of Move to Lose, fitness expert Chris Freytag's cutting-edge program for fast weight loss and long-lasting results. In Move to Lose, fitness expert Chris Freytag presents her doable weight-loss program aimed at real people with real lives. A mother of three and a businesswoman, she knows how tough it is to maintain an exercise program and a healthy diet. But with just ten minutes of exercise a day and some minor changes in diet and lifestyle, lasting weight loss is possible. Freytag provides practical tips, information, and guidance for maintaining a positive mind-set and incorporating healthy eating habits and exercise into day-to-day life, including ten minute daily strength, flexibility, and aerobic exercise programs to rev up metabolism and help build fat-burning muscles. Permanent weight

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loss is easier to achieve than you think, and no radical diets, gym memberships, or dangerous weightloss supplements are necessary—just a commitment to move and lose.

This manual contains worked out solutions for selected problems throughout the text.

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journalists, secretaries and business people – in fact, anyone writing in the English language in Canada today. It provides concise, up-to-date answers to a host of questions on abbreviations, hyphenation, spelling, the use of capital letters, punctuation and frequently misused or confused words. It deals with letter, memo and report formats, notes, indexes and bibliographies, and geographical names. It also gives techniques for writing clearly and concisely, editing documents and avoiding stereotyping in communications. There is even an appendix on how to present French words in an English text.

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