[IMAGE] Sports & Fitness >> Exercise [IMAGE] a.consent:link { color:#FFF; } a.consent:visited { color:#FFF; } a.consent:hover { color:#a2a2a2; } a.consent:active { color:#FFF; }

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[IMAGE]	
[IMAGE]	
[IMAGE] [IMAGE]	
[IMAGE]	[IMAGE]
[IMAGE]	
[IMAGE]	E-mail to a Friend Printer Friendly PDF
[IMAGE]	Sports & Fitness >> Exercise
In This Issue:	Old-School Fitness
Older Men Need Chiropractic	3 Ways to Build Muscle
<u>Great for Memory</u>	Start Them Off Right
<u>Try Evening Exercise</u>	By Perry Nickelston, DC
<u>Not Enough Nutrients?</u>	Winning Without Weights
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