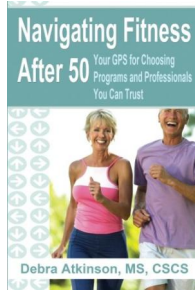


## Navigating Fitness After 50: Your GPS for Choosing Programs and Professionals You Can Trust



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