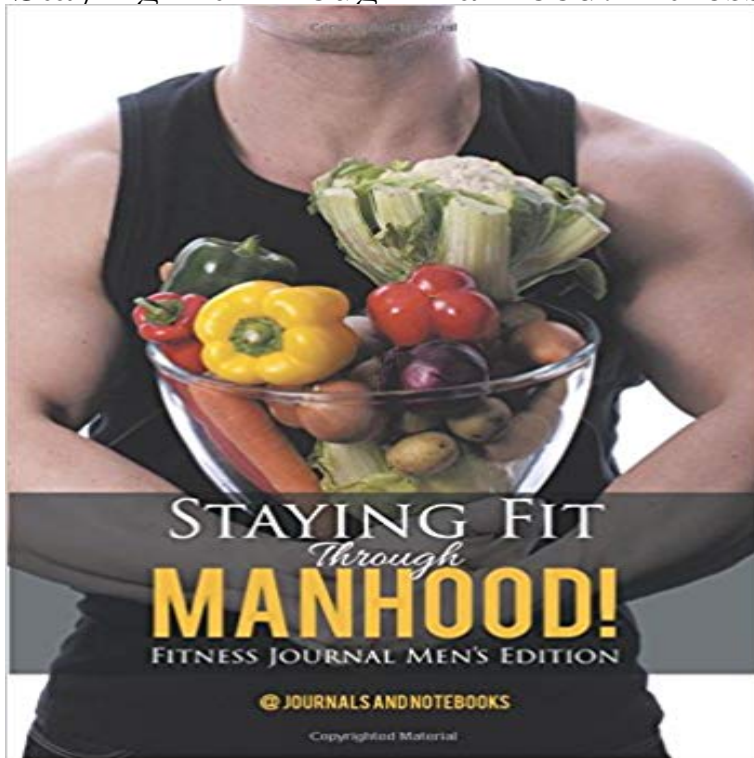


Staying Fit Through Manhood! Fitness Journal Mens Edition



Why do you have to write about your own journey to fitness? Well, because writing reveals the areas that need to be improved and those that need to be removed. It allows you to review your processes and see to it that you maximize the time you have dedicated to exercise. Maybe someone you love can use your experience as guide to getting fit, too!

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