

MIND & BODY ZONE

The World's Premier Self-Improvement & Motivational Magazine

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PREMIERE ISSUE

Will You Lead, Or Will You Follow?

Know when to take the reins and
when to take a back seat

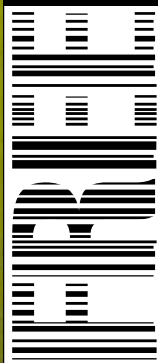
The Benefits of Weight Training for Women

Yes, you can lose weight, gain lean
muscle and increase bone density!

Stability Ball Bridge

An excellent exercise for
the entire dorsal musculature

COMPLIMENTARY ISSUE
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FUNCTIONAL TRAINING:
IHP leads the way...
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