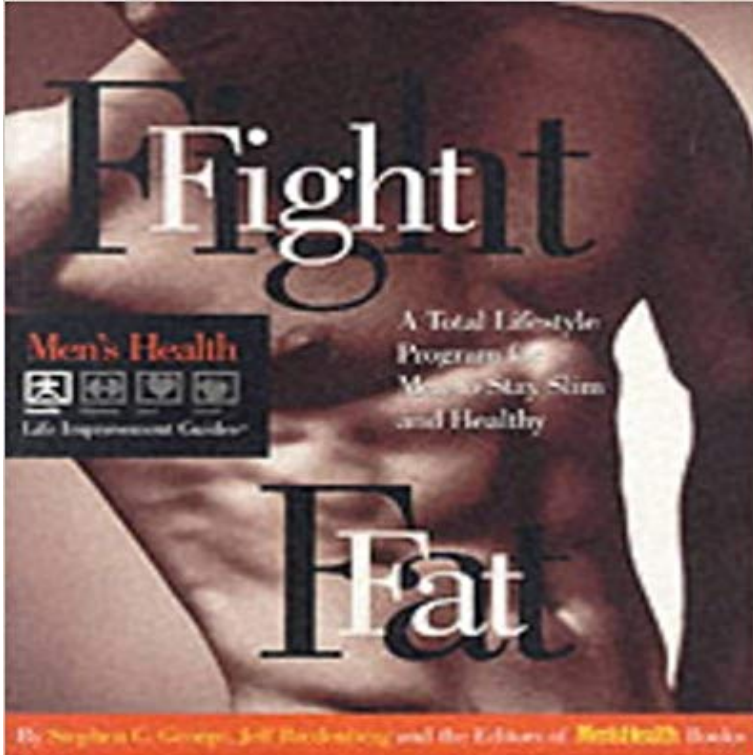


Fight Fat: A Total Lifestyle Program for Men to Stay Slim and Healthy (Mens Health Life Improvement Guides)



Men of every age want a flat stomach, greater strength, and a healthier lifestyle, but until now they had no book to turn to. Fight Fat covers everything a guy needs to become master of his body, including how to stock a kitchen, the best exercises for weight control, strategies for eating away from home, and more. 50 illustrations.

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