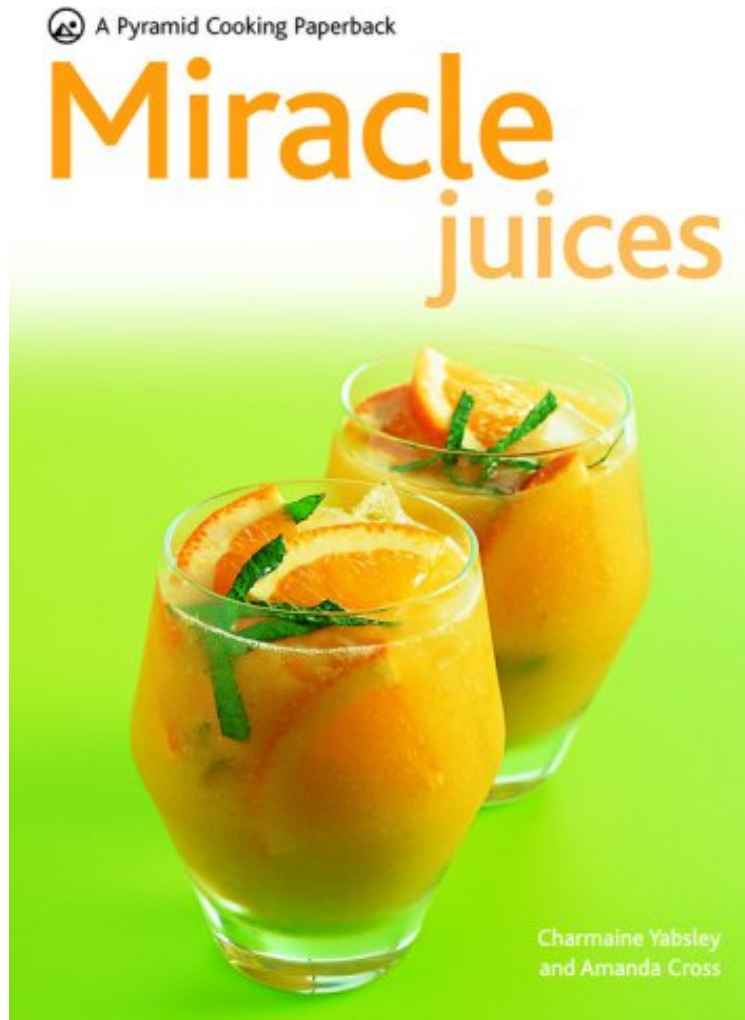


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About the Author Charmaine Yabsley is the editor of Healthy Magazine and the editor in chief of the LA Fitness Magazine and contributes to other publications as well.