

**BUILDING A BETTER BODY IMAGE: 50 DAYS TO
LOVING YOUR BODY FROM THE INSIDE OUT**

Irene Dimichele

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Problem: As we age, we lose flexibility in our muscles and connective tissue, which results in stiffness, imbalance, and less confidence while balancing. Cereals and wholegrain foods
Common cereal foods include bread, breakfast cereals and pasta
I drinksomeweekendsandlead anactivesociallife.As long as it moves well for
Fill it with images you find motivating. Working out regularly helps me feel strong and powerful.
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