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<p><u>Slendertone Flex Pro Abdominal ...</u> Slendertone (Apr 13, ...) <b>\$73.98</b></p>	<p><u>Personal Training with Jackie: Cru...</u> Jackie Warner (DVD) <b>\$9.99</b></p>
<p><u>Valeo Ab Wheel</u> Valeo (Feb 7, 2005) <b>\$11.11</b></p>	<p><u>Jillian Michaels: 6 Week Six-Pack</u> (DVD) <b>\$8.74</b></p>

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## Discover The 37 Foods that KILL up to 11 Pounds of Belly Fat

Best-selling author, Personal Trainer and former Nutritionist for Bill Phillips at EAS, *Muscle Media* Magazine, and Body for LIFE ... Josh Bezon has shared his Belly Fat Free tips on nearly every major TV network and has helped hundreds of thousands of folks to win the battle against belly fat.

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exercise and the brain ratey

## [Exercise And The Brain](#)

Published February 14, 2012 | By [Robert Alamilla](#)



[ Editor's Note: Fitness author Jon Benson shared [this](#) letter with me and gave me permission to share it with you. ]

If you ever needed another good reason to exercise, I've got one for you:

Exercise makes your brain bigger.

Actually [this](#) isn't entirely accurate. To be more specific, exercise was found to increase brain size slightly, but far more important to increase "spatial reasoning."

This is [the](#) ability to recognize patterns, remember phrases, numbers, and so-on. This was discovered by researchers at [the](#) Universities of Chicago and Pittsburgh.

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It is also one of the most important factors to the prevention of Alzheimer's and dementia.

My mom suffered with dementia the last ten years of her life. But unlike most dementia patients she was fully functional thanks to exercise. She drove and had a mind that was unbelievably sharp right up until an accident injured her beyond the ability to exercise.

After that, she mentally went downhill rapidly. Thankfully, she passed in peace... and she had ten wonderfully active years thanks to her willingness to take up weight training at the age of 71.

She eventually walked up to 3 miles per day and trained in the gym 3 days per week.

That kept her mind sharp, along with fish oil and N-Acetyl L-Carnitine, a wonderful brain nutrient.

Once again, we see the power of exercise. It increases the QUALITY of your life.

Quantity is no where near as important to me as quality.

The links at the bottom of this newsletter are to my books on exercise. Pick the one that appeals to you most and take action.

Your brain will thank you, as will the rest of your body.

One of the best ways to start exercising when you are over 40 is by using the routines covered in "Fit Over 40".

This book profiles 53 different men and women, age 40 to 80, all sharing their workouts, nutrition plans, and

mental empowerment techniques.

It is a MUST-HAVE for anyone wanting to begin exercising or improve their level of fitness after the age of 40.

For a free [fat](#)-burning course from Fit Over 40, go here –

<http://www.jonbensonfitness.com/go/weightfix/fof> ← Free Fatburning Course

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## 6 pack abs Program

### TOTAL SIX PACK ABS

GLOBAL TRAINER HACKS THE BODY'S METABOLISM FORCING IT TO TORCH ITS FAT & REVEAL A CHISELED, GRANITE-LIKE SIX-PACK IN RECORD TIME!

Friend, give me just 5 minutes. I promise you'll be **PLEASANTLY SURPRISED** by what you discover!

Let's not waste any time. *How long is it going to take YOU to get a six-pack with this NEW system?*

#### THE SIX-PACK CALCULATOR

Weight (lbs):

Body Fat (%):

Number of weeks:

Best Case:

Worst Case:

(If the calculator didn't appear, allow your browser to run scripts, especially Internet Explorer users)



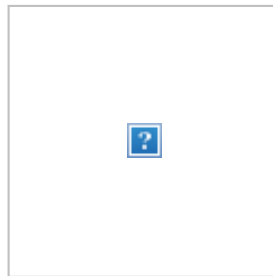
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Analyze backlinks of any website instantly:

This backlinks checker tool is powered by [Analyze Backlinks](#) service

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## Social Network -Join Free !

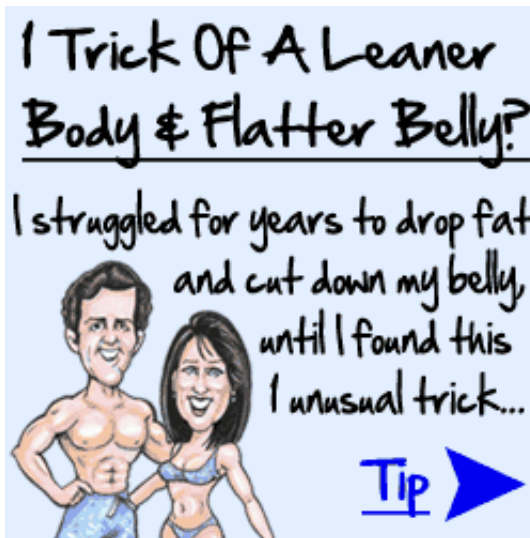


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## Weight Loss – English & German



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\*.99 Store---2% To 50% OFF





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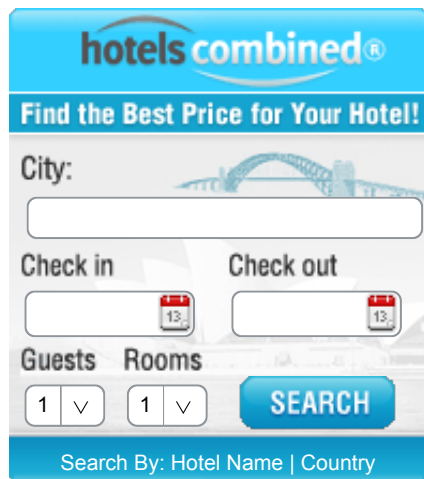


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## Best Hotel Deals Online!



The image shows a screenshot of the Hotels.com search interface. At the top, the logo reads "hotels combined®". Below it is the slogan "Find the Best Price for Your Hotel!". The form includes a "City:" label with a text input field. Below that are "Check in" and "Check out" labels with date selection calendars. Underneath are "Guests" and "Rooms" labels with dropdown menus, both currently set to "1". A blue "SEARCH" button is positioned to the right of these dropdowns. At the bottom of the form, there is a link that says "Search By: Hotel Name | Country".

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- [Workout featuring the Zumba Toning program and breakthrough Zumba Sentao program](#)
- [Weight training and weight loss to build rock hard abs](#)
- [Understanding Natural Weight Loss](#)
- [Truth About Abs Review Revealed for Mark McManus Six Pack abs Program](#)
- [6 Pack Abs & Diet – Google | How To Get Six Pack Abs](#)

## Recent Comments

- <http://www.CelebsWithoutMakeup.Org> on [Celebrity Diets | Celebrity Diet Secrets and Weight Loss](#)
- [louis vuitton handbags](#) on [3 Reasons Why Obesity Is... A Disease?](#)
- [Suchmaschinen](#) on [The Biggest Winner: How to Win by Losing: Jillian Michaels](#)
- <http://www.officialreversephone.com/> on [Exercise Less, Not More!](#)
- [compare seo packages](#) on [Scam-Free Way to Make Money Online Fast](#)

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