

# 12 Simple Things You Can Do to Achieve Optimum Health.

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SAM VARNER, CSCS

*Former Strength and Conditioning Coach for the U.S. Olympic Team.*

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# Slimmer Younger Stronger 12 Simple Things You Can Do To Achieve Optimum Health

**Swee Lin Lim**



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**Slimmer, Younger, Stronger** Sam Varner, 2000      Today's Black Woman , 2000      **12 Simple Things You Can Do to Achieve Optimum Health - Slimmer, Younger, Stronger** Sam Varner, 2005-01-01      **The Library Journal** , 2000  
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