

COVERT BAILEY

Author of **THE NEW FIT or FAT**

**NEW YORK TIMES
BESTSELLER**

A photograph of a middle-aged man with short brown hair, smiling. He is wearing a blue button-down shirt over a patterned tie. The background is a blurred indoor setting.

**SMART
EXERCISE**

Burning Fat, Getting Fit

Smart Exercise Burning Fatgetting Fit

Joan Frentz



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