



Seventeen: 500 Health & Fitness Tips: Eat Right, Work Out Smart, and Look Great! (Paperback) - Common

By (author) Meghann Foye

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With Seventeen's workouts and advice on nutrition, this title helps girls get in super shape in time for summer, without resorting to unsafe or fad diets. It focuses on eating sensibly rather than dieting and takes real life into account by suggesting better choices at the fast-food places where friends typically gather.

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