

**"Has the moxie to tell the truth...of ultimate value!"**  
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# **FITNESS WITHOUT EXERCISE**

**The scientifically proven  
strategy for achieving maximum  
health with minimum effort**

**BRYANT A. STAMFORD, PH.D.**  
— **PORTER SHIMER** —

# **Fitness Without Exercise The Proven Strategy For Achieving Maximum Health With Minimum Effort**

**SA Dillow**



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