



Cory Everson's Fat-Free and Fit

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Cory Everson's Fat-Free and Fit Cory Everson

Six-time Ms. Olympia Cory Everson has found the secret to dynamic health and fitness. Now, for the first time, she shares her fabulous lifetime exercise and nutrition plan with readers. Teaching women how to reassess their total approach to fitness, Everson reveals the secrets of healthy living--without diets.

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