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By Vonda Wright M.D.;Ruth Winter

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Fitness After 40: How to Stay Strong at Any Age will teach you how to F.A.C.E. your future and live a vital, active and joyful life through exercise.

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Kindle Edition "Please retry" 12 Fitness After 40: How to Stay Strong at Any Age. Ruth Winter. 1. Vonda Wright, M.D., is an orthopedic surgeon and director

Here we go again with another installment of Fitness After Forty, where I talk about getting fit and healthy in those transitional years. It seems as though the 40

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