

# EXERCISE EVERY DAY



**32 TACTICS**  
FOR BUILDING THE  
**EXERCISE HABIT**  
(EVEN IF YOU HATE  
WORKING OUT)



**S.J. SCOTT**

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**Suresh Sharma**



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**Men's Health Today 1999** Michael Lafavore, 1999      *Youth's Companion* , 1922      **Public Opinion** , 1905  
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