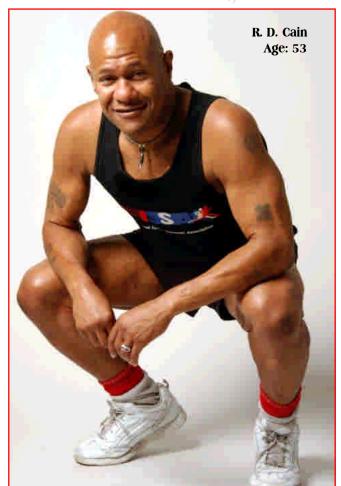
## You Look Great! What Happened?

Cain on Fitness, Vol. 4



The Over-50 Guide to Health and Fitness

R. D. Cain

**Edited By: Eric Franklin Crow**