

On a Diet During The Holidays? Okay, Knock It Off!

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**On a Diet During The Holidays? Okay, Knock It Off!**

**By Kenia Morales**

**On a Diet During The Holidays? Okay, Knock It Off!**

by: **Kenia Morales**

Merry Christmas,

Kenia Morales

Kenia Morales is the publisher of online magazine

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**How to Handle Christmas Before it Handles You :) by Randy Mclean**

Randy Mclean has a diploma in Fitness and Nutrition from Education Direct, a YMCA individual

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