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people who can't suddenly switch to an extreme diet - or don't want to - and can't sweat in the gym for 20 hours per week. Michal Stawicki can do 150+ pushups and 40+ pullups; he hasn't been off work sick since July 2013.

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~~100 Club of Arizona: Backing the Badge - Bulletproof~~
My methods focus on identifying and maximizing your strengths, preferences, and current lifestyle. I will not force you into a box with "don't eat this" and "eat this" recommendations. A client-centered approach means I make every effort to listen well and use what is learned to uniquely help you succeed as you develop life-long healthy habits.

~~HOME | Bulletproof Health~~

Bulletproof Health and Fitness is a book for average people who can't suddenly switch to an extreme diet - or don't want to - and can't sweat in the gym for 20 hours per week. Michal Stawicki can do 150+ pushups and 40+ pullups; he hasn't been off work sick since July 2013.

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plus the Health and Wellbeing team contact details.

~~Health and wellbeing | IslingtonCS~~

Bullet Proof Fitness strives to provide an exemplary service for those wanting to make a positive change in regards to their health and lives. To maintain a professional facility that applies to the needs of our clientele. To have a gym space that can accommodate many styles of fitness. OUR MOTTO

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We know this can be a stressful time, Bulletproof Health & Fitness is here to help. We have gummies, tinctures, pre rolls, and topicals, ready for pick up. Don't struggle with your pain, stress, or anxiety. Let us help you with great products at an even better price.

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