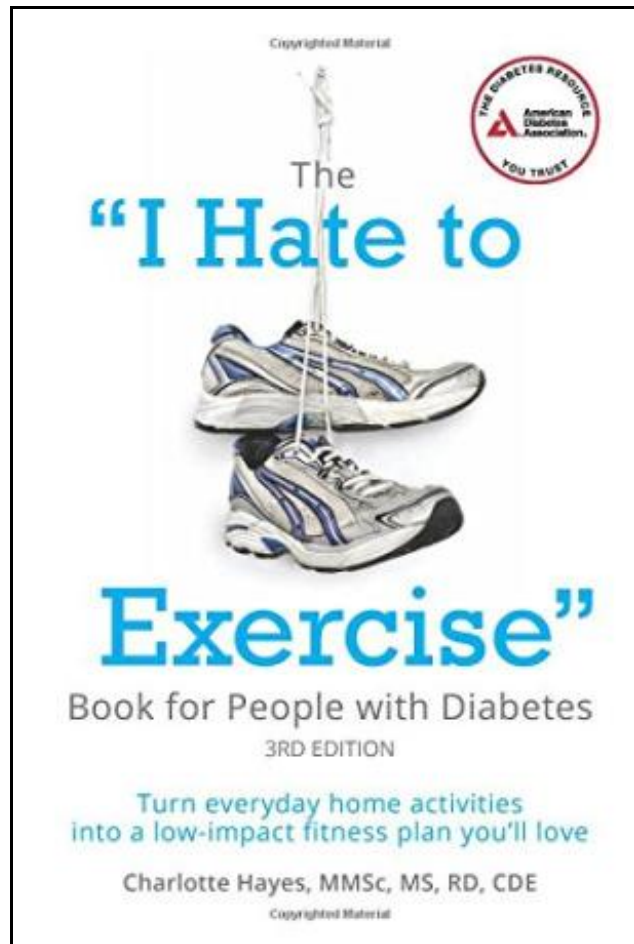


## The "I Hate to Exercise" Book for People with Diabetes: Turn Everyday Home Activities into a Low-impact Fitness Plan You'll Love



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