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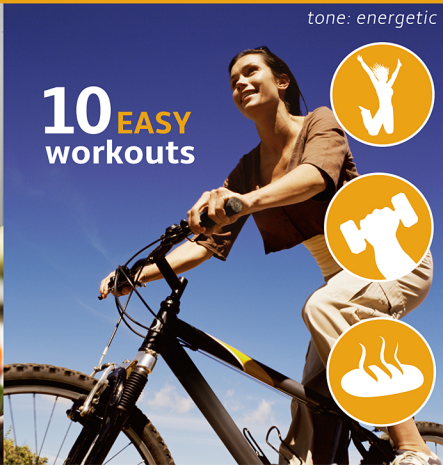
I'm proud to announce our very first issue of the online adaptation for Active Living magazine! This month in our living section we have a special interview with Dr. Lynn Mercola on dealing with stress in our every day lives. Make sure to check out the other sections for more advice on healthy living.

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One of the least likely places you would think of to get a healthy meal is Boston Market. However if you stick to their many vegetable sides and lean meats you can be sure to get great nutritional value from your meal!



tone: energetic

10 EASY workouts

