

Chapter 3

Diet and exercise advice

More exercise and less eating blah blah blah blah blah blah blah blah blah blah
blah blah blah blah blah blah blah. Blah blah **more exercise and less eating**, blah
blah blah blah blah blah blah blah blah blah. Blah blah blah blah blah
blah blah blah blah, **more exercise and less eating**. Blah blah blah blah blah blah
blah blah blah blah blah blah blah blah blah blah blah blah blah blah blah blah
blah blah blah blah blah blah blah blah blah. **More exercise and less eating**
blah blah blah blah blah blah blah. Blah blah blah blah blah blah blah blah
blah **more exercise and less eating**, blah blah blah blah blah blah blah blah.

Blah blah blah **more exercise and less eating** blah blah blah blah blah blah
blah blah blah blah blah blah. Blah blah blah blah blah blah blah blah
blah blah blah blah blah blah, **more exercise and less eating**. Blah blah
blah **more exercise and less eating**, blah blah blah blah blah blah blah
blah blah blah blah blah blah. Blah blah blah blah blah blah blah blah
blah blah blah blah blah blah blah **more exercise and less eating** blah.

Blah blah **more exercise and less eating** blah blah blah blah blah blah
blah blah blah, blah blah blah blah blah blah. Blah blah blah
blah blah blah blah **more exercise and less eating**, blah blah blah. Blah
blah blah blah blah blah blah blah blah. Blah blah blah blah, blah
blah blah. Blah blah blah **more exercise and less eating**,
blah **more exercise and less eating** blah blah blah blah blah.

More exercise and less eating blah blah blah blah blah blah blah
blah blah blah. Blah blah **more exercise and less eating**, blah
blah blah blah blah blah. Blah blah blah blah, **more exercise and less eating**. Blah
blah blah blah, **more exercise and less eating**. Blah blah blah blah
blah blah blah blah. **More exercise and less eating**
blah blah blah. Blah blah blah **more exercise and less eating**,
blah **more exercise and less eating**, blah blah blah.

Blah blah **more exercise and less eating** blah blah blah blah
blah blah. Blah blah blah, **more exercise and less eating**. Blah
blah **more exercise and less eating**, blah blah blah. Blah
blah blah, **more exercise and less eating**, blah blah. Blah
blah **more exercise and less eating**, blah. Blah blah **more exercise and less eating** blah.