

Chapter 4

Health and fitness for better sex

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

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