



Female Stars of Nutrition and Weight Control (Legends of Health & Fitness)

Susan Zannos

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Collective biography series featuring profiles of 40 fitness role models for young adults who want to lead a healthy and fit lifestyle. Each book focuses on a particular sport or facet of health, nutrition, and fitness. Profiling female celebrities who are dedicated to healthy eating and exercise: Marilu Henner, Suzanne Somers, Oprah Winfrey, and Nadia Comaneci

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