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Attention Men hot tips for trim bodies

Men can no longer get away with looking unkempt and heavy set. Today's man is under the same peer pressure as a woman to look his best from head to toe.

Spring is the time to pull your look together and start working toward a trim, physically fit body.

For starters, leave your car a few blocks away from work and

walk briskly to your office.

See your doctor and then begin planning a jogging routine. Don't jog excessively to start; leisurely will do the trick. Running gives you time to think.

If running doesn't excite you, try swimming — it's one of the most successful ways to exercise almost every muscle in your body.

All the exercise in the world won't help, if you don't trim your eating habits. The first week is the hardest, but once you start shrinking your stomach you'll suddenly crave less. Be diverse, taste anything you want, but make yourself eat small portions.

If you frequent a health club, avoid the

sauna as it only dries the skin.

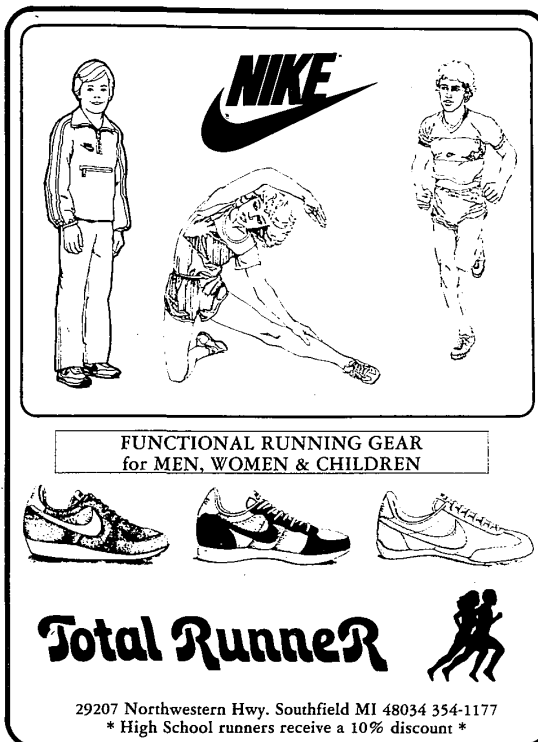
And don't forget about moisture creams, they're not just for women.

Five or six weeks of this type of involvement in fitness, as well as non-stop adjustment of your previous lenient attitudes toward food and drink and you'll see results you'll be proud of.

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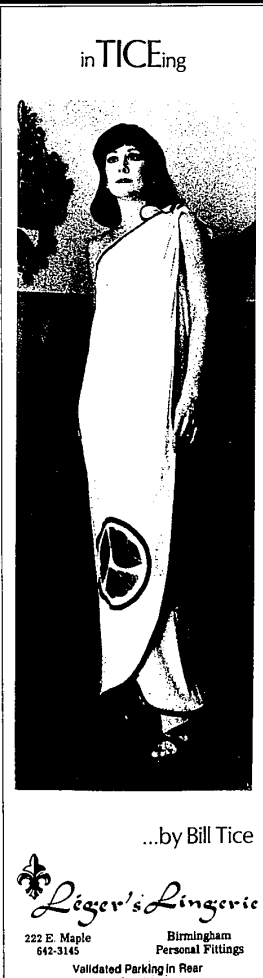
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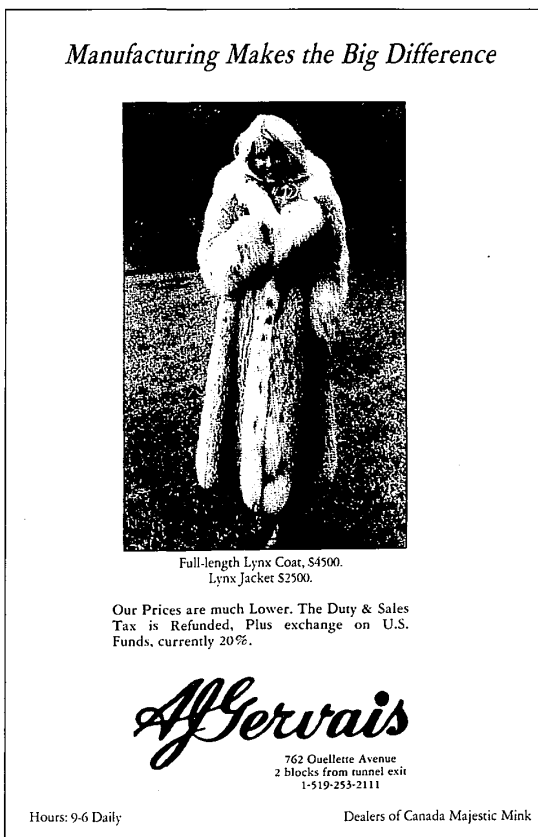
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