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Today I m working Black Friday madness at Lane Bryant in Lakewood, so I scheduled this post to go live today on its own. Hopefully I survived Best Buy at midnight

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In a previous post titled Run Your Butt Off! Food Rules, Part 1, I listed a few strategies for those of you who might be looking to, well, run your butt off.

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"When I wanted to fit into my skinny jeans again, I started running 20 minutes a day during my lunch hour. In two months, I've lost 20 pounds, have tons of energy

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