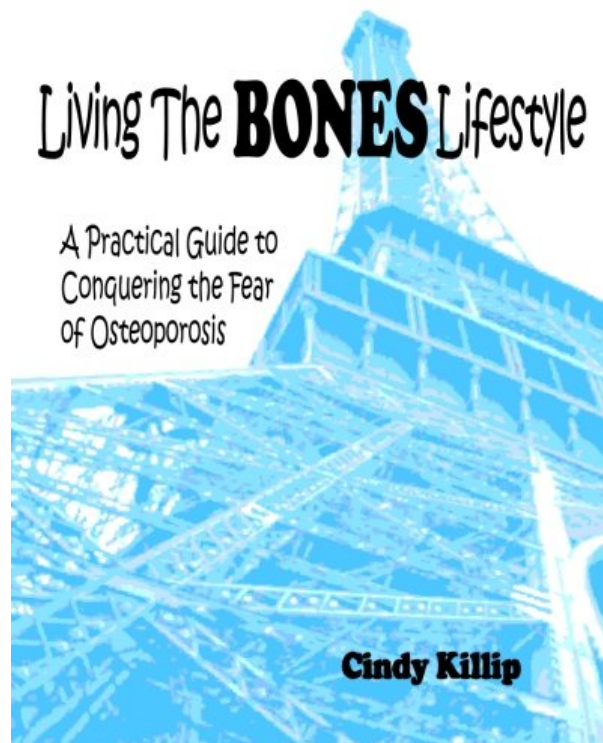


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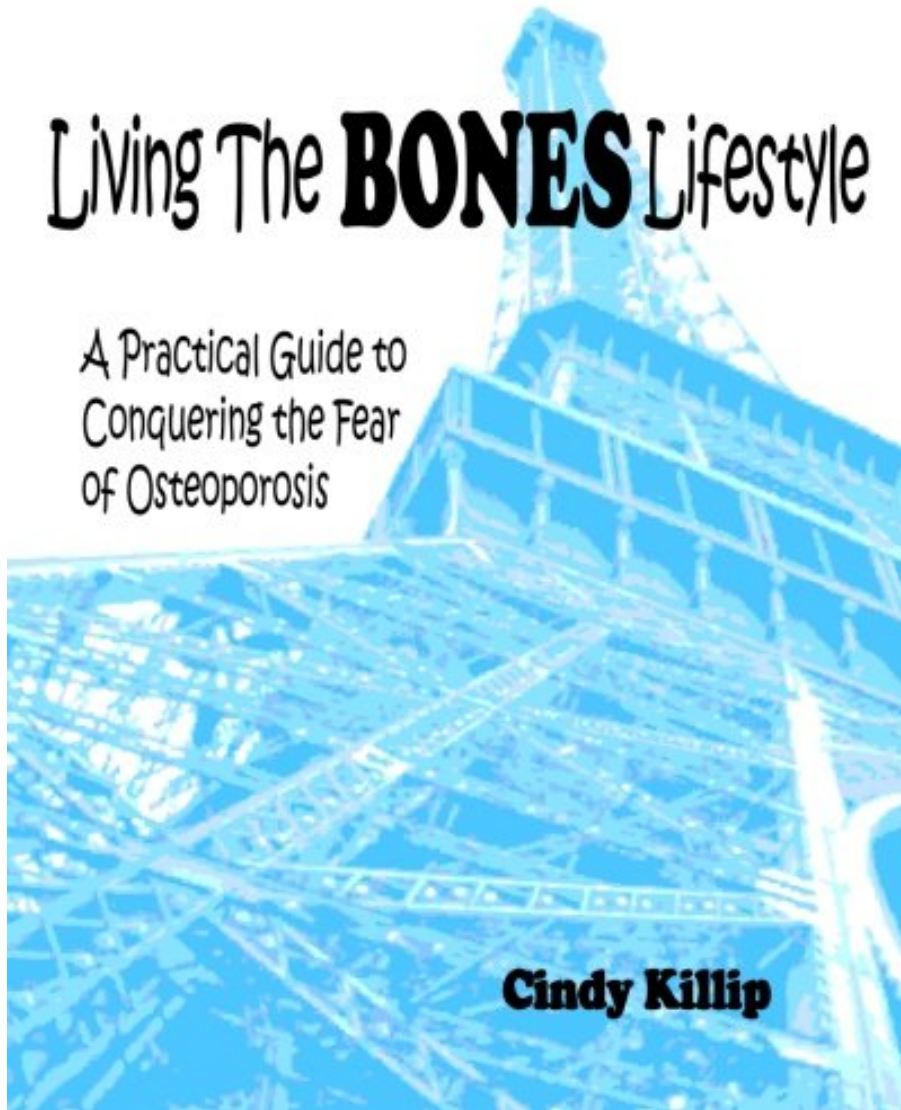


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About the Author

Known as “The Balance Coach” in Corvallis, Oregon, Cindy Killip is a master at making difficult concepts and complex subject matter easy to understand. She holds multiple degrees and certifications and has been teaching and writing about exercise and wellness since 1989. Cindy’s innovation, wealth of knowledge, compassion and humor put her in high demand as an Advanced Health and Fitness Specialist, Personal Trainer, and Public Speaker.

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