



DotsoFit Health and Fitness (Volume 1)

Lori Dotson

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A superb collection of 75 of the most popular posts from the now retired DotsoFit Health and Fitness Blog, including chapters on motivation, fitness, training, injury, weight loss, and nutrition. Each post has been revised, updated, and referenced to serve as a resource to the reader. Author and certified personal trainer, Lori Dotson, is an avid athlete and is President and Founder of DotsoFit, LLC, which is devoted to training, educating and motivating people to achieve their personal best in all of their athletic pursuits.

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