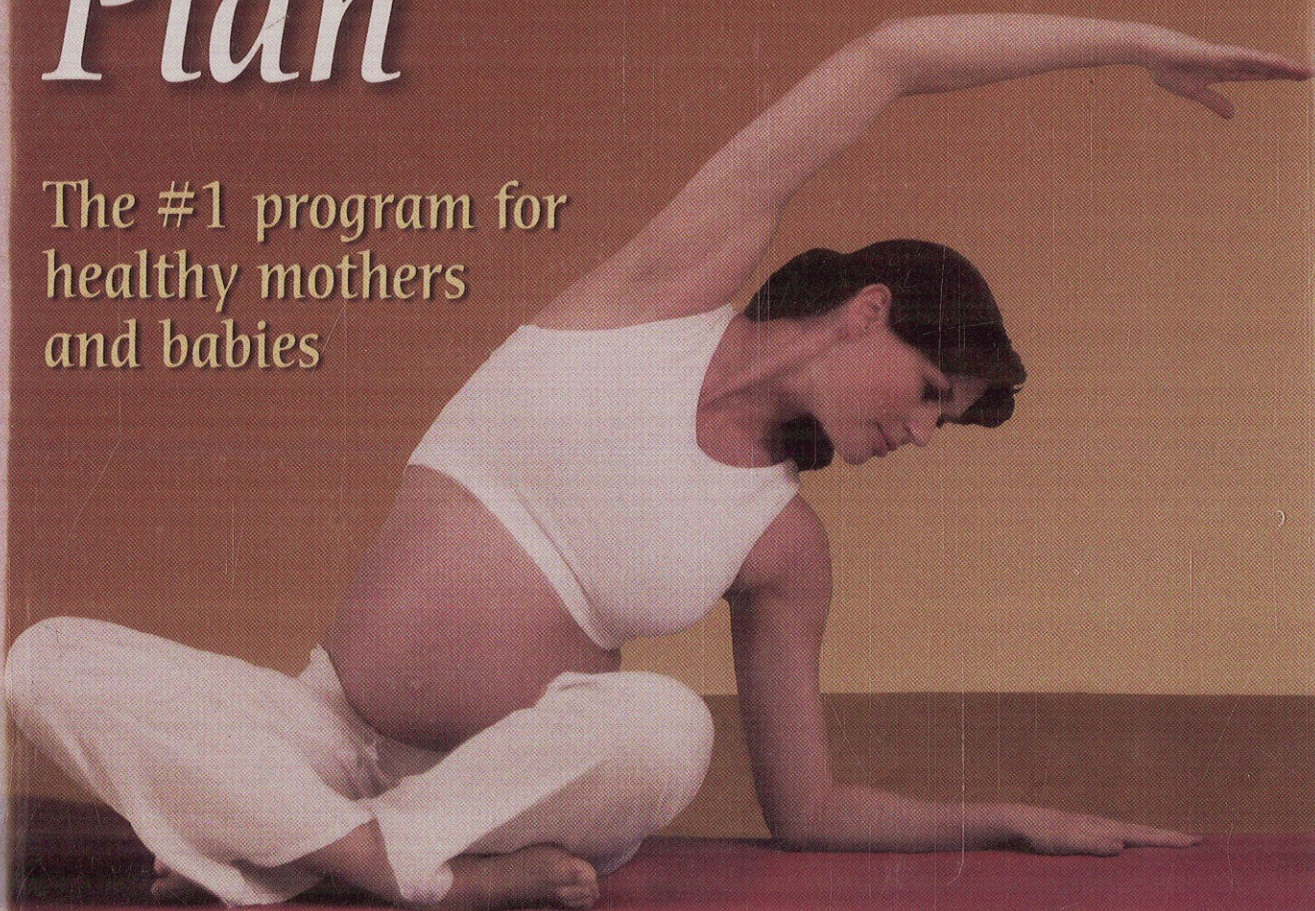


# *Motherwell Maternity Fitness Plan*

The #1 program for  
healthy mothers  
and babies



Bonnie Berk



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