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[Home](#) > Fit 4 Ever: Stressed Out

Fit 4 Ever: Stressed Out

It's almost impossible to find anyone who isn't feeling the pressure these days.

Stress doesn't care if you are young or old; it has the ability to weigh you down regardless of age, gender, race, political affiliation or socio-economic status. In fact, all studies confirm this.

Stress is something we all seem to have in common.



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