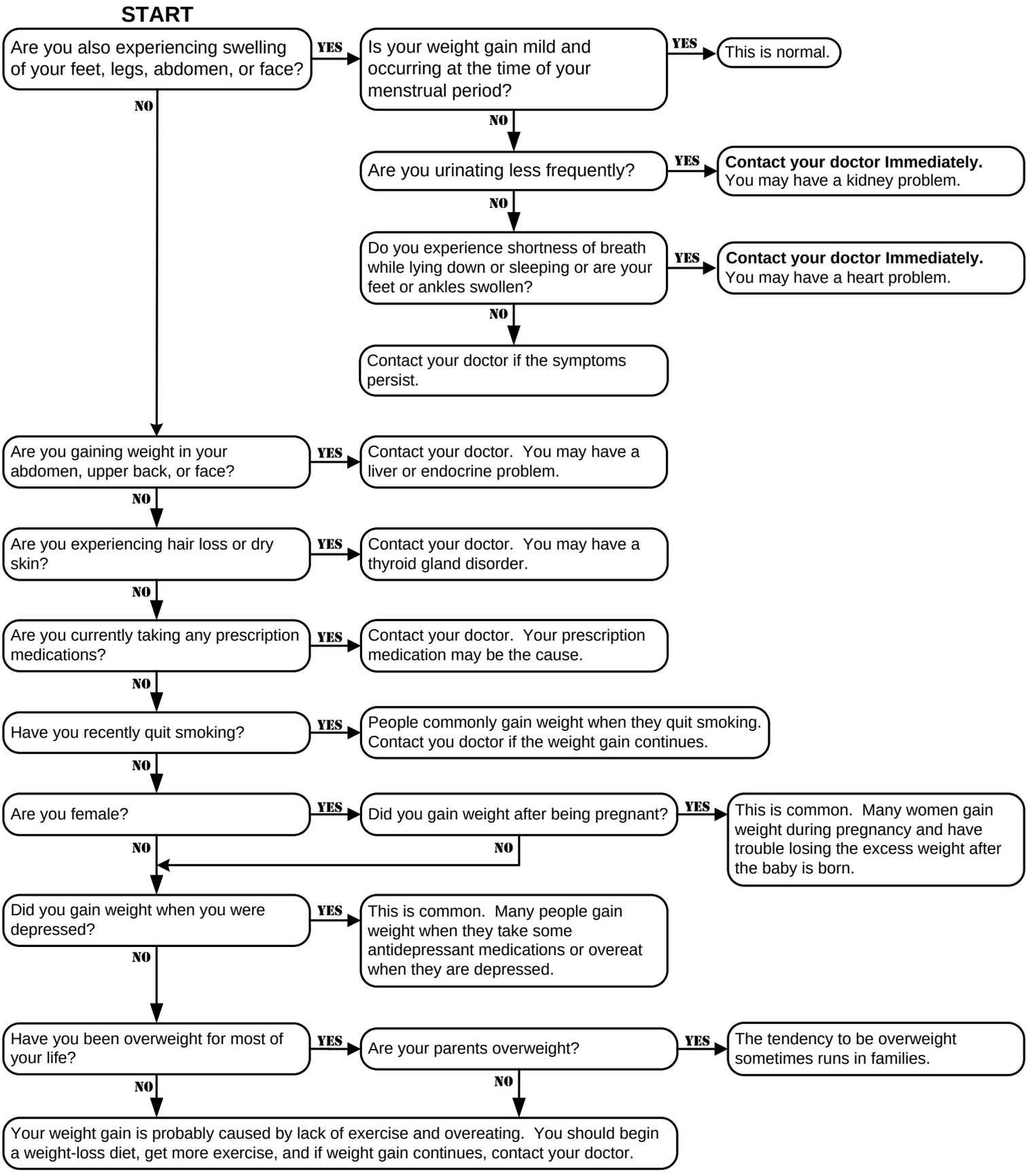
Weight Gain

If your weight exceeds your optimum weight by more than 20 percent, you are over-weight and may be endangering your health.



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