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Allentown, PA, March 11, 2008 --(PR.com)-- Joseph Arangio, M.S., C.S.C.S., a seasoned fitness expert and author of WeddingShape Diet and Fitness Guide for Brides, was

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" WeddingShape Diet and Fitness Guide for Brides" has Beginner, Intermediate, Advanced, and Superbride workouts that Arangio has successfully designed and implemented

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