

TIME

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C O V E R

Getting FIT

America is overdue for a major shape-up

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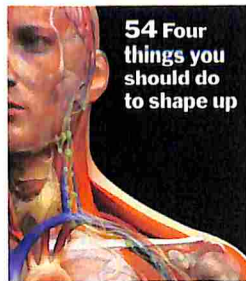
46 ▲ Everyone knows chubbiness is bad for your health, but dropping pounds alone won't necessarily fix things

52 ▼ It's never too late to start exercising. The path from sluggish to sprinter

▲ Extreme racer Rusch punishes her body in Sun Valley, Idaho



▲ Kids play at a New York Gymboree



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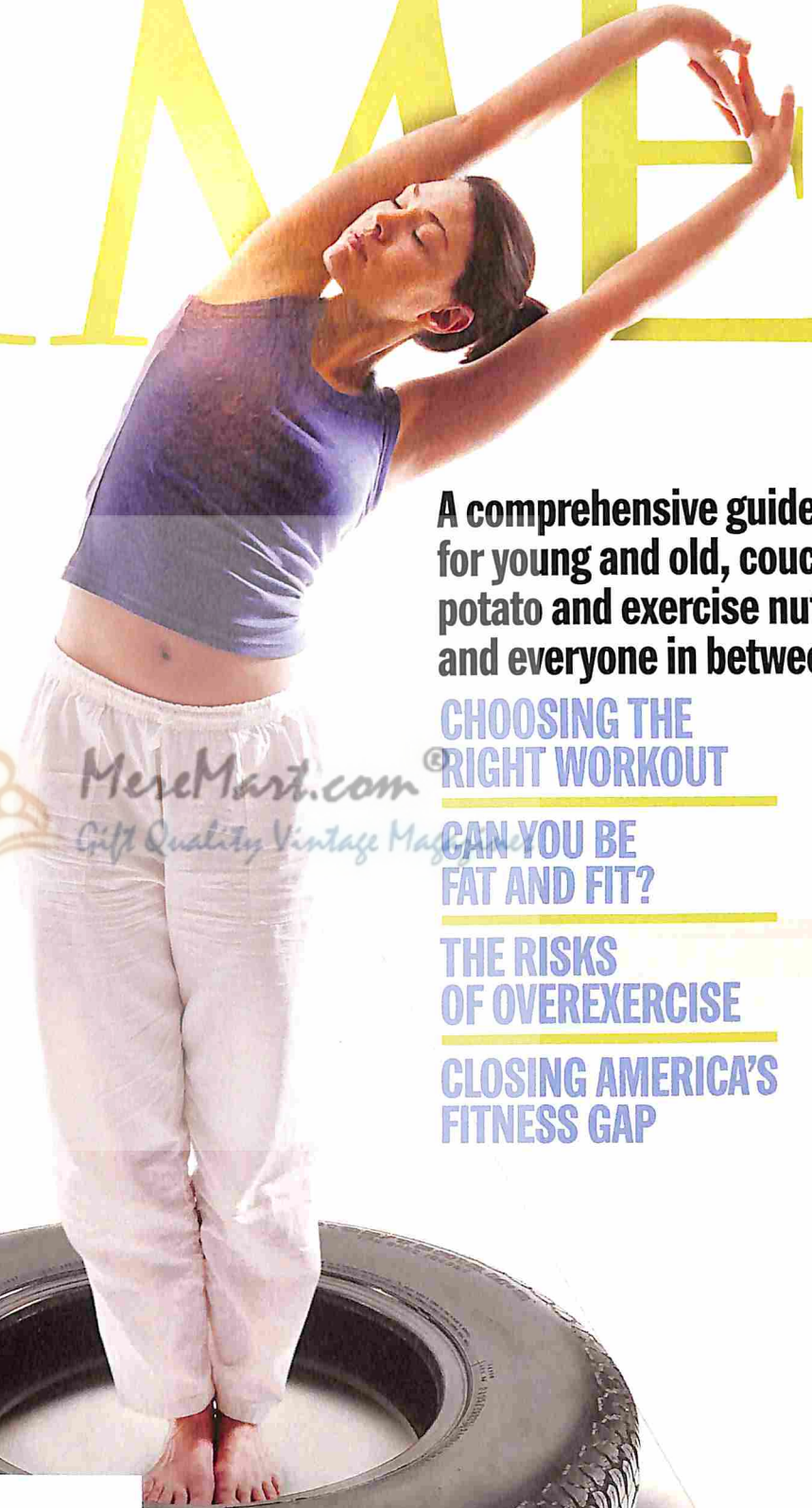
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TIME

LOSE THAT SPARE TIRE!

**SPECIAL REPORT ON
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A comprehensive guide for young and old, couch potato and exercise nut, and everyone in between

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THE RISKS OF OVEREXERCISE

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