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podcast for walking fitness

<https://player.fm/series/training-coaching-lifestyle-with-john-spencer-ellis>

Topics include: business, marketing, personal branding, PR, publicity, SEO, social media, lifestyle design, wealth creation, program design, education, certification and success for fitness, coaching, martial arts, nutrition, personal training, personal success and sport psychology experts. Learn how to work less, earn more, and have more fun while you help your clients reach their goals.

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Date created: 05 01 2020