

HUBBARD COMMUNICATIONS OFFICE  
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Remimeo

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## **EXERCISE**

Health of a body requires some exercise. When a body is not exercised it goes down hill, diet or no diet.

Exercise and correct diet keep a body going.

This applies especially to auditors, desk workers and students.

That's why you should be out there getting some air in your lungs and some limberness in the muscles for a short time each day.

L. RON HUBBARD  
FOUNDER

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