



Feeling Fit!

Bit by Bit...

A lifestyle & fitness blog about feeling fit & enjoying life



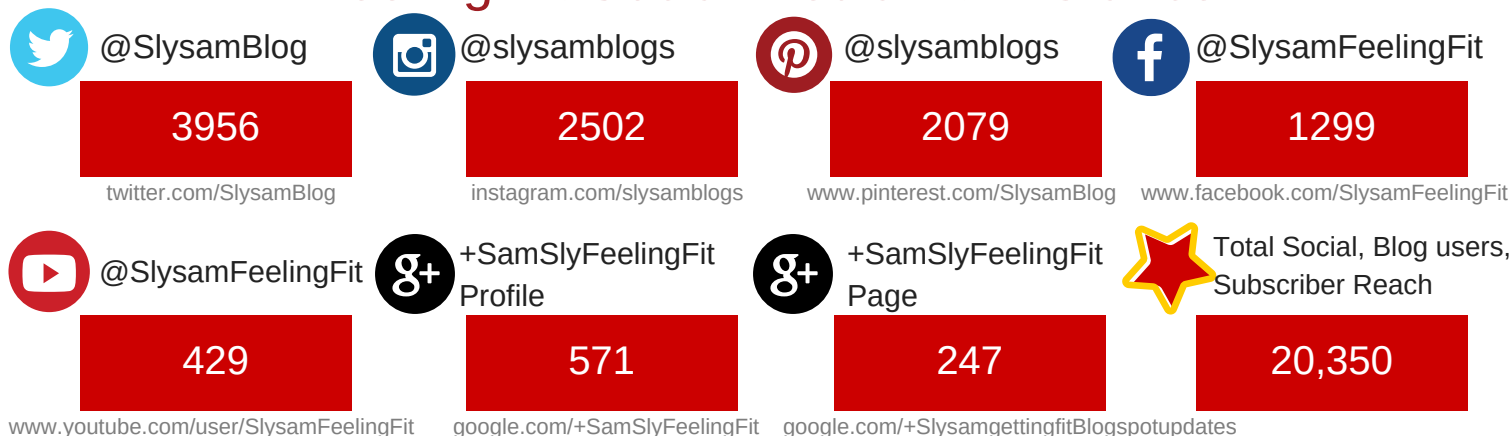
"Feeling Fit, Bit by Bit" is an active blog about feeling fit and enjoying life! I take a moderate approach that encourages positive changes. However, enjoying some of life's luxuries in moderation is part of the "feeling fit" lifestyle. Topics include: food, fitness, style, beauty, relaxation, recipes, news, product reviews, reader giveaways, technology and observations.

Contact Sam "Sly", Editor: www.feelingfit.info

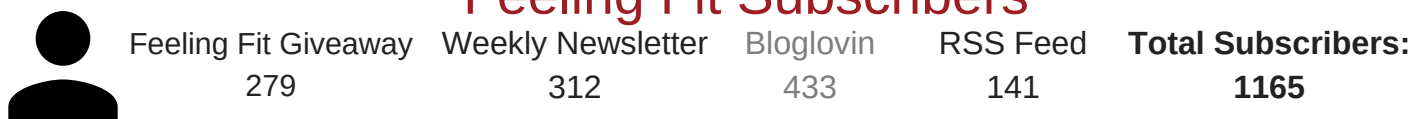
slysam@feelingfit.info 541-224-6472 (Google Voice & Video)

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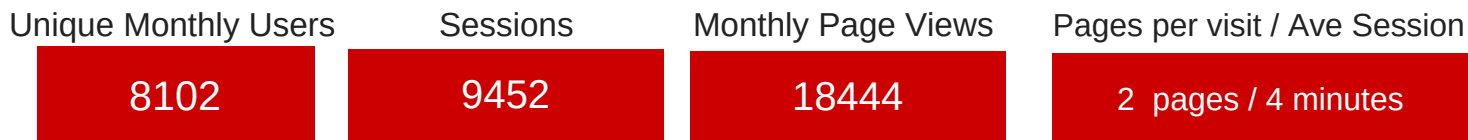
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