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Fitness Journal Archives - IDEA Health & Fitness Association
National Fitness Trade Journal is the longest running publication in the fitness industry (established in 1982) and we have the most diverse circulation of any trade publication with our distribution going to fitness centers (independents, mini chains and large chains), health clubs, hospital/wellness centers, athletic clubs, country clubs, military bases/government, strength coaches & director of rec centers for all colleges/universities, city/county rec &

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