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28	29	30 June 2025 articles distributed to email clients	1	2
5 Prioritize Family Fitness with a DIY Obstacle Course	6	7	8	9
12 6 Simple Salads for a Healthier Summer	13	14	15	16
19 Stay Present in Just 60 Seconds with These Micro-Mindfulness Tips	20	21	22	23
26 Fresh Summer Staple: 8 Creative Ways to Use Watermelon Memorial Day	27	28	29	30 July 2025 articles distributed to email clients



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2 Psychological Hacks to Enjoy Exercising	3	4	5	6
9 Add Fruit to Every Meal with These Kitchen Gadgets	10	11	12	13
16 Chase Away the Sunday Scaries with These Tips	17	18	19	20
23 Vegetarian-Friendly Appetizers to Bring to Your Next Barbecue	24	25	26	27 August 2025 articles distributed to email clients
30 How to Have a Healthy Emotional Balance and Avoid Toxic Positivity	1	2	3	4

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7 Best Keto-Conscious Recipes for a Delicious Dessert	8	9	10	11
14 Ditch the Gym: 10 Unconventional Ways to Stay Active	15	16	17	18
21 Go Meatless With These Barbecue Replacement Recipes	22	23	24	25
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