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HCO POLICY LETTER OF 3 NOVEMBER 1980 ISSUE II

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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

Compiled & issued by Sherry Anderson Compilations Missionaire

Approved & accepted by the

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