

Re: Losing Weight After Dropping the Nicotine Habit

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Thanks to everybody for the help, and amusement. And yes, you are right Tom, I live in Phoenix, and it does get past 110 in the summer, and past 120 on rare occasions, I believe 122 is the record here, something like 129 in Lake Havasu City, which is northwest of here.

Anyways, thanks for the help, I'm probably going to give the YMCA a try, and if that doesn't work out, just do a routine of my own in my neighborhood.