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Highlights the fitness journey taken by Doug and his daughter Abbie, as featured in the children's book 'Abbie Gets Fit'. Authors: Doug Werner, Douglas Werner.

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Doug Werner is the author of Abbie Gets Fit, a children's book chronicling a true story about his nine year old daughter's fitness transformation after she asked her

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Doug Werner is a health and fitness veteran and a winner of that industry's Distinguished Service Award. His 35 years of career experience includes senior

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