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Sarah Lorge Butler,Leslie Bonci,Michele Stanten

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   Soft Computing: Biomedical and Related Applications Nguyen Hoang Phuong,Vladik Kreinovich,2021-06-16 This book lists current and potential biomedical uses of computational intelligence methods These methods are used in diagnostics and treatment of such diseases as cancer cardiac diseases pneumonia stroke and COVID 19 Many biomedical problems are difficult so often the current methods are not sufficient new methods need to be developed To confidently apply the new methods to critical life and death medical situations it is important to first test these methods on less critical applications The book describes several such promising new methods that have been tested on problems from agriculture computer networks economics and business pavement engineering politics quantum computing robotics etc This book helps practitioners and researchers to learn more about computational intelligence methods and their biomedical applications and to further develop this important research direction   *Keras 2.x Projects* Giuseppe Ciaburro,2018-12-31 Demonstrate fundamentals of Deep Learning and neural network methodologies using Keras 2 x Key FeaturesExperimental projects showcasing the implementation of high performance deep learning models with Keras Use cases across reinforcement learning natural language processing GANs and computer vision Build strong fundamentals of Keras in the area of deep learning and artificial intelligence Book Description Keras 2 x Projects explains how to leverage the power of Keras to build and train state of the art deep learning models through a series of practical projects that look at a range of real world application areas To begin with you will quickly set up a deep learning environment by installing the Keras library Through each of the projects you will explore and learn the advanced concepts of deep learning and will learn how to compute and run your deep learning models using the advanced offerings of Keras You will train fully connected multilayer networks convolutional neural networks recurrent neural networks autoencoders and generative adversarial networks using real world training datasets The projects you will undertake are all based on real world scenarios of all complexity levels covering topics such as language recognition stock volatility energy consumption prediction faster object classification for self driving vehicles and more By the end of this book you will be well versed with deep learning and its implementation with Keras You will have all the knowledge you need to train your own deep learning models to solve different kinds of problems What you will learnApply regression methods to your data and understand how the regression algorithm worksUnderstand the basic concepts of classification methods and how to implement them in the Keras environmentImport and organize data for neural network classification analysisLearn about the role of rectified linear units in the Keras network architectureImplement a recurrent neural network to classify the sentiment of sentences from movie reviewsSet the embedding layer and the tensor sizes of a networkWho this book is for If you are a data scientist machine learning engineer deep learning practitioner or an AI engineer who wants to build speedy intelligent applications with minimal lines of codes then this book is the best fit for you Sound knowledge of machine learning and basic familiarity with Keras library would be useful   *Hands-On Machine*

Learning on Google Cloud Platform Giuseppe Ciaburro,V Kishore Ayyadevara,Alexis Perrier,2018-04-30 Unleash Google s Cloud Platform to build train and optimize machine learning models Key Features Get well versed in GCP pre existing services to build your own smart models A comprehensive guide covering aspects from data processing analyzing to building and training ML models A practical approach to produce your trained ML models and port them to your mobile for easy access Book Description Google Cloud Machine Learning Engine combines the services of Google Cloud Platform with the power and flexibility of TensorFlow With this book you will not only learn to build and train different complexities of machine learning models at scale but also host them in the cloud to make predictions This book is focused on making the most of the Google Machine Learning Platform for large datasets and complex problems You will learn from scratch how to create powerful machine learning based applications for a wide variety of problems by leveraging different data services from the Google Cloud Platform Applications include NLP Speech to text Reinforcement learning Time series recommender systems image classification video content inference and many other We will implement a wide variety of deep learning use cases and also make extensive use of data related services comprising the Google Cloud Platform ecosystem such as Firebase Storage APIs Datalab and so forth This will enable you to integrate Machine Learning and data processing features into your web and mobile applications By the end of this book you will know the main difficulties that you may encounter and get appropriate strategies to overcome these difficulties and build efficient systems What you will learn Use Google Cloud Platform to build data based applications for dashboards web and mobile Create train and optimize deep learning models for various data science problems on big data Learn how to leverage BigQuery to explore big datasets Use Google s pre trained TensorFlow models for NLP image video and much more Create models and architectures for Time series Reinforcement Learning and generative models Create evaluate and optimize TensorFlow and Keras models for a wide range of applications Who this book is for This book is for data scientists machine learning developers and AI developers who want to learn Google Cloud Platform services to build machine learning applications Since the interaction with the Google ML platform is mostly done via the command line the reader is supposed to have some familiarity with the bash shell and Python scripting Some understanding of machine learning and data science concepts will be handy **Reinforcement Learning for Cyber-Physical Systems** Chong Li,Meikang Qiu,2019-02-22 Reinforcement Learning for Cyber Physical Systems with Cybersecurity Case Studies was inspired by recent developments in the fields of reinforcement learning RL and cyber physical systems CPSs Rooted in behavioral psychology RL is one of the primary strands of machine learning Different from other machine learning algorithms such as supervised learning and unsupervised learning the key feature of RL is its unique learning paradigm i e trial and error Combined with the deep neural networks deep RL become so powerful that many complicated systems can be automatically managed by AI agents at a superhuman level On the other hand CPSs are envisioned to revolutionize our society in the near future Such examples include the emerging smart buildings intelligent

transportation and electric grids However the conventional hand programming controller in CPSs could neither handle the increasing complexity of the system nor automatically adapt itself to new situations that it has never encountered before The problem of how to apply the existing deep RL algorithms or develop new RL algorithms to enable the real time adaptive CPSs remains open This book aims to establish a linkage between the two domains by systematically introducing RL foundations and algorithms each supported by one or a few state of the art CPS examples to help readers understand the intuition and usefulness of RL techniques Features Introduces reinforcement learning including advanced topics in RL Applies reinforcement learning to cyber physical systems and cybersecurity Contains state of the art examples and exercises in each chapter Provides two cybersecurity case studies Reinforcement Learning for Cyber Physical Systems with Cybersecurity Case Studies is an ideal text for graduate students or junior senior undergraduates in the fields of science engineering computer science or applied mathematics It would also prove useful to researchers and engineers interested in cybersecurity RL and CPS The only background knowledge required to appreciate the book is a basic knowledge of calculus and probability theory

Keras Reinforcement Learning Projects Giuseppe Ciaburro,2018-09-29 A practical guide to mastering reinforcement learning algorithms using Keras Key FeaturesBuild projects across robotics gaming and finance fields putting reinforcement learning RL into actionGet to grips with Keras and practice on real world unstructured datasetsUncover advanced deep learning algorithms such as Monte Carlo Markov Decision and Q learningBook Description Reinforcement learning has evolved a lot in the last couple of years and proven to be a successful technique in building smart and intelligent AI networks Keras Reinforcement Learning Projects installs human level performance into your applications using algorithms and techniques of reinforcement learning coupled with Keras a faster experimental library The book begins with getting you up and running with the concepts of reinforcement learning using Keras You ll learn how to simulate a random walk using Markov chains and select the best portfolio using dynamic programming DP and Python You ll also explore projects such as forecasting stock prices using Monte Carlo methods delivering vehicle routing application using Temporal Distance TD learning algorithms and balancing a Rotating Mechanical System using Markov decision processes Once you ve understood the basics you ll move on to Modeling of a Segway running a robot control system using deep reinforcement learning and building a handwritten digit recognition model in Python using an image dataset Finally you ll excel in playing the board game Go with the help of Q Learning and reinforcement learning algorithms By the end of this book you ll not only have developed hands on training on concepts algorithms and techniques of reinforcement learning but also be all set to explore the world of AI What you will learnPractice the Markov decision process in prediction and betting evaluationsImplement Monte Carlo methods to forecast environment behaviorsExplore TD learning algorithms to manage warehouse operationsConstruct a Deep Q Network using Python and Keras to control robot movementsApply reinforcement concepts to build a handwritten digit recognition model using an image datasetAddress a game theory problem using Q Learning and

OpenAI GymWho this book is for Keras Reinforcement Learning Projects is for you if you are data scientist machine learning developer or AI engineer who wants to understand the fundamentals of reinforcement learning by developing practical projects Sound knowledge of machine learning and basic familiarity with Keras is useful to get the most out of this book

   Natural Computing with Python Giancarlo Zaccone,2019-09-17 Step by step guide to learn and solve complex computational problems with Nature Inspired algorithms DESCRIPTION Natural Computing is the field of research inspired by nature that allows the development of new algorithms to solve complex problems leads to the synthesis of natural models and may result in the design of new computing systems This book exactly aims to educate you with practical examples on topics of importance associated with research field of Natural computing The initial few chapters will quickly walk you through Neural Networks while describing deep learning architectures such as CNN RNN and AutoEncoders using Keras As you progress further you ll gain understanding to develop genetic algorithm to solve traveling saleman problem implement swarm intelligence techniques using the SwarmPackagePy and Cellular Automata techniques such as Game of Life Langton s ant etc The latter half of the book will introduce you to the world of Fractals such as such as the Cantor Set and the Mandelbrot Set develop a quantum program with the QiSkit tool that runs on a real quantum computing platform namely the IBM Q Machine and a Python simulation of the Adleman experiment that showed for the first time the possibility of performing computations at the molecular level KEY FEATURES Artificial Neural Networks Deep Learning models using Keras Quantum Computers and Programming Genetic Algorithms CNN and RNNs Swarm Intelligence Systems Reinforcement Learning using OpenAI Artificial Life DNA computing Fractals WHAT WILL YOU LEARN Mastering Artificial Neural Networks Developing Artificial Intelligence systems Resolving complex problems with Genetic Programming and Swarm intelligence algorithms Programming Quantum Computers Exploring the mathematical world of fractals Simulating complex systems by Cellular Automata Understanding the basics of DNA computation WHO THIS BOOK IS FOR This book is for all science enthusiasts in particular who want to understand what are the links between computer sciences and natural systems Interested readers should have good skills in math and python programming along with some basic knowledge of physics and biology Although some knowledge of the topics covered in the book will be helpful it is not essential to have worked with the tools covered in the book Table of Contents Neural Networks Deep Learning Genetic Programming Swarm Intelligence Cellular Automata Fractals Quantum Computing DNA Computing   *Python Deep Learning* Ivan Vasilev,Daniel Slater,Gianmario Spacagna,Peter Roelants,Valentino Zocca,2019-01-16 Learn advanced state of the art deep learning techniques and their applications using popular Python libraries Key Features Build a strong foundation in neural networks and deep learning with Python libraries Explore advanced deep learning techniques and their applications across computer vision and NLP Learn how a computer can navigate in complex environments with reinforcement learning Book DescriptionWith the surge in artificial intelligence in applications catering to both business and consumer needs deep

learning is more important than ever for meeting current and future market demands With this book you ll explore deep learning and learn how to put machine learning to use in your projects This second edition of Python Deep Learning will get you up to speed with deep learning deep neural networks and how to train them with high performance algorithms and popular Python frameworks You ll uncover different neural network architectures such as convolutional networks recurrent neural networks long short term memory LSTM networks and capsule networks You ll also learn how to solve problems in the fields of computer vision natural language processing NLP and speech recognition You ll study generative model approaches such as variational autoencoders and Generative Adversarial Networks GANs to generate images As you delve into newly evolved areas of reinforcement learning you ll gain an understanding of state of the art algorithms that are the main components behind popular games Go Atari and Dota By the end of the book you will be well versed with the theory of deep learning along with its real world applications What you will learn Grasp the mathematical theory behind neural networks and deep learning processes Investigate and resolve computer vision challenges using convolutional networks and capsule networks Solve generative tasks using variational autoencoders and Generative Adversarial Networks Implement complex NLP tasks using recurrent networks LSTM and GRU and attention models Explore reinforcement learning and understand how agents behave in a complex environment Get up to date with applications of deep learning in autonomous vehicles Who this book is for This book is for data science practitioners machine learning engineers and those interested in deep learning who have a basic foundation in machine learning and some Python programming experience A background in mathematics and conceptual understanding of calculus and statistics will help you gain maximum benefit from this book   Machine Learning for Finance Jannes Klaas,2019-05-30 A guide to advances in machine learning for financial professionals with working Python code Key FeaturesExplore advances in machine learning and how to put them to work in financial industriesClear explanation and expert discussion of how machine learning works with an emphasis on financial applicationsDeep coverage of advanced machine learning approaches including neural networks GANs and reinforcement learningBook Description Machine Learning for Finance explores new advances in machine learning and shows how they can be applied across the financial sector including in insurance transactions and lending It explains the concepts and algorithms behind the main machine learning techniques and provides example Python code for implementing the models yourself The book is based on Jannes Klaas experience of running machine learning training courses for financial professionals Rather than providing ready made financial algorithms the book focuses on the advanced ML concepts and ideas that can be applied in a wide variety of ways The book shows how machine learning works on structured data text images and time series It includes coverage of generative adversarial learning reinforcement learning debugging and launching machine learning products It discusses how to fight bias in machine learning and ends with an exploration of Bayesian inference and probabilistic programming What you will learnApply machine learning to structured data natural language photographs and

written textHow machine learning can detect fraud forecast financial trends analyze customer sentiments and moreImplement heuristic baselines time series generative models and reinforcement learning in Python scikit learn Keras and TensorFlowDig deep into neural networks examine uses of GANs and reinforcement learningDebug machine learning applications and prepare them for launchAddress bias and privacy concerns in machine learningWho this book is for This book is ideal for readers who understand math and Python and want to adopt machine learning in financial applications The book assumes college level knowledge of math and statistics   The Mount Holyoke ,1904   **Walk to Win** Fred A. Stutman,2003-01-22 Dr Walk s new bestseller Learn how to walk for health and fitness with this new guide to shopping mall walking Walking is the key to feeling better without strenuous exercise   **How to Walk yourself Healthy & Happy** Russ Williams,2020-06-14 Walking is aerobic exercise it is also the Superfood of exercise Most of us do it every day to varying degrees and many of us do not fully appreciate the many proven benefits for the body and mind that you can get simply by taking regular walks Author Russ Williams a UK based broadcaster has been a walker for many years and noticed a distinct upturn in his physical and mental health as a result of walking regularly He researched and subsequently wrote this book to help people fully understand WHY walking is such an important way of exercising and to understand the many PROVEN benefits of doing it for the mind and body In his book he shares the medical evidence and why you can reap the benefits without taking a big chunk out of your daily life and routine How To Walk Yourself Healthy And Happy explains how walking can significantly help Blood pressure health Help you lose weight safely with speed time and calorie burning charts Control cholesterol levels Correct your posture Increase core muscle strength and flexibility Energy levels Walking to ease back pain Help control diabetes Encourage better brain health Tackle and help solve sleep issues Increase memory capacity Aid recovery from cancer treatment Post cardiac event recovery The risk of a heart attack or stroke Issues and conditions of the menopause Reduce loneliness by walking Improve mood and your state of mind Discover the many types of walking that you can do 14 in total there really is a type of walking for everyone The book shows you what to do and what not to do explains why starting out modestly and increasing your walks and their intensity over time give the most sustainable benefits to your health You will learn that regular walking is by far the best and why you have to keep it up and not stop for a week or two There is a guide to the right kind of equipment and footwear that you will need and the smartphone apps that will make recording your walks simple and fun Proven medical facts support the long list of benefits of walking as a principal form of exercise whether it is in a forest going around the block or just popping out to get your lunch on a break from work By adding regular walking to your exercise regime you will quickly notice how much better you feel both physically and mentally It is time to get those walking shoes or boots on for better health   The Walking Solution Lee Scott,Michele Stanten,2020 The Walking Solution offers techniques and coaching cues to turn a low impact easily accessible activity into a fun and challenging workout for clients of every age and ability   **Walking the Weight Off For Dummies** Erin

Palinski-Wade,2015-04-27 Get up get moving and walk away the pounds If you re looking to lose weight and get fit Walking the Weight Off For Dummies will show you just what to do to walk yourself to a whole new you Whether you want to burn fat boost your energy level improve your mood shed your belly or just get toned this easy to read fun and friendly guide will have you putting your best foot forward over and over again Inside you ll discover which workouts are the best to achieve your specific goals how low impact walking is perfect for fat burning how to pick the right pair of shoes for walking and so much more Walking is the number one form of exercise in America and studies show that it is highly effective in achieving multiple health goals from losing weight and decreasing body fat to improving overall health and mental well being Best of all walking is very inexpensive and can be done anywhere With this complete and easy to use guide you ll find that creating and sticking to a walking program to lose weight and feel great has never been easier Learn how walking is the ideal exercise to achieve and maintain healthy body weight and improve overall health Figure out the best techniques to avoid injury and achieve your specific fitness goals Dive into nutrition tips for fueling up before and after walks to maintain health Discover how you can fit walking into your life regardless of your age gender and current weight If you ve always wanted to incorporate walking into your routine to boost your health and effectively lose weight Walking the Weight Off For Dummies will show you how **Walk Your Way to Weight Loss** Lindsey P,2014-08-11 Walk Your Way To Weight Loss 2nd edition The Ultimate Guide On How To Lose Weight Burn Fat Stay Thin With Walking Walking is amazingly one of the easiest cheapest and safest ways for you and everyone else to get up and start exercising Health experts all agree that a 30 minute moderate physical activity on most days in a week is a must and walking is one of the best examples around There have been so many reported health benefits of walking like reducing the risks for certain medical conditions heart disease and high blood pressure reducing depression making us much happier and livelier instead helping us all to sleep better at night which is simply what everyone wants these days and of course WEIGHT LOSS Better yet think of walking as an all in one package program with all the amazing health benefits Nothing could be better than this The same health experts also agree on the fact that engaging in physical activities regularly is your strong foundation for good health and well being and walking happens to be the easiest and cheapest way to become physically active Simply grab a good pair of shoes and you are all set to brisk walk by the way brisk walking is highly considered an ideal moderate level physical activity your way to weight loss and staying thin forever Walking burns off all those unwanted fats dangling in our bellies so they could be converted into fuel our body needs Here Is A Preview Of What You ll Learn Understanding the Role of Walking in Losing Weight Six Scientific Facts About Walking Why Walk Your Way to Weight Loss Before Starting Your Walking Program Your Walking Form Walking Your Way Towards Weight Loss Walk This Way Walk That Way More Smart Walking Ideas Using Pedometer in Walking to Shape Up and Slim Down Walking to Lose Weight Success Stories Walking Workout Plans and How it Works Additional Facts About Walking Joining a Walking Club Much much more Download your copy today **The Doctor's Walking Book** Fred A.

Stutman,Lillian Africano,1980 No matter where you live or what you do no matter how many exercise programs you ve tried and failed you can start walking today and feel better tomorrow Here is a medically proven up to date guide to help you walk your way to fitness and health   **Philly's Fit-Step Walking Diet** Fred A. Stutman,2014-03-15 Philly s Fit Step Walking Diet is a unique weight loss and fitness book It was originally developed for Dr Stutman s Philadelphia patients who were tired of fad diets and strenuous exercises He developed an easy to follow low fat high fiber moderate protein diet combined with an aerobic walking plan and strength training exercises This combination produces a double blast of calorie burning for added weight loss cardiovascular fitness and body shaping This plan also helps to prevent heart attacks strokes and hypertension You will slim down shape up and look younger on The Philly Fit Step Walking Diet and you ll even be able to eat a Philly cheesesteak in the process You can even lose up to 15 pounds and 3 inches in only 21 days   **Fitness Walking For Dummies** Liz Neporent,2011-05-04 Call it power walking fitness walking or just plain walking Indoors or out walking is one of the healthiest and most rewarding forms of exercise available to all sorts of people young and old In fact walking burns about the same number of calories per mile as running and it s a lot easier on your knees Walking is one of the most adaptable workout activities around you can walk for an hour straight to make your walking program effective and to achieve your goals or you can accumulate this hour over the course of a day Fitness Walking For Dummies is for anyone who wants to start an exercise program but may not have the knowledge or motivation to do it If you re already a walking fanatic you ll find out how to become a better fitness walker This easy to understand guide is also for those who are on track to Lose weight Decrease blood pressure Control cholesterol Relieve stress Prevent heart disease Deal with depression Explore what it takes to begin an exercise program by setting goals choosing shoes and considering nutrition to optimize your workout Fitness Walking For Dummies also covers the following topics and more Warm up and cool down routines Strength training The four levels of walking Lifestyle Fitness High Energy Walk Run Weight training routines and stretches that add variety Buying and using a treadmill Age pregnancy and walking with your dog Dealing with pain and injuries Like 67 million other people in the United States who log over 201 million miles a year you want to take advantage of all of the great things a regular walking program can do for you Whether your goal is to improve your health or your appearance lose weight get stronger feel good about yourself or all of the above walking can help you get to where you want to go This book can help you do that by showing you everything you need to know about starting and maintaining a walking program   **Walk Your Butt Off!** Sarah Lorge Butler,Leslie Bonci,Michele Stanten,2013-02-26 The practical walking program that takes readers from flabby to fit in 12 weeks with a variety of walks and easy to incorporate lifestyle changes This simple plan teaches readers how to incrementally build their walking speed so that they lose weight faster Developed by former Prevention fitness director and walking expert Michele Stanten Walk Your Butt Off will not only get complete beginners started with a walking program but will also help the more than 100 million Americans who already walk for exercise to break through plateaus and

boost their results Readers will also come to view walking as an athletic endeavor and see their workouts as an inviolable part of their day And at no more than 30 minutes each these daily walks can fit into even the busiest schedule Paired with simple nutrition secrets from renowned sports nutritionist Leslie Bonci this easy step by step guide to permanent weight loss is suitable for everyone **Walk Off Weight** Michele Stanten,2011-03-01 Walking is America s 1 form of exercise and with good reason It s easy cheap and can be done anywhere Prevention magazine takes fun low impact walking to the next level with a new 8 week program that will help you lose 3 times more weight and keep it off Designed by certified fitness trainer Michele Stanten the program jump starts weight loss with core and lowerbody strength exercises as well as special walking routines including interval walks which research shows burn calories twice as fast as regular walking Women who tried the program for 8 weeks Lost up to 22 pounds and 12 inches Lowered their blood pressure and blood glucose levels Had less back and joint pain Improved their posture balance flexibility and boosted their energy Paired with a delicious well balanced meal plan and easy strength training exercises Walk Off Weight also helps you pick out the perfect walking sneakers and gives you technique tips to increase your speed and avoid soreness or injury **Walking Fast** Therese Iknoian,1998 Are you an avid walker looking to take the activity to the next level Perhaps you re a runner who wants to find a way to end aching joints and muscles without giving up great heart pounding workouts Or maybe you re a cross trainer in search of a new low impact workout that will burn calories and improve your fitness level If you re serious about fitness and seeking a better way to workout then Walking Fastis for you This complete guide provides all the building blocks to get started on a fast walking program and it contains easy to apply science that accomplished walkers can use to reach a new level of performance Inside you ll find self tests to help you evaluate your walking technique and goals 18 illustrated walking exercises designed to help you master the three phase walking technique and eliminate trouble spots in your walking movement 29 walking workouts in five categories easy long anaerobic threshold aerobic capacity and anaerobic capacity and sample programs for three levels of walkers Walking Fastalso contains an entire chapter devoted to racing with information applicable to fast walkers just beginning to race as well as those looking for serious race walking competitions Plus a helpful appendix provides a list of race walking resources and tips about how to plug into the race walking network Take the next step toward reaching your walking goals and get Walking Fast

Reviewing **Openai Walking Workout In The Us**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is truly astonishing. Within the pages of "**Openai Walking Workout In The Us**," an enthralling opus penned by a highly acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve into the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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Table of Contents Openai Walking Workout In The Us

1. Understanding the eBook Openai Walking Workout In The Us
    - The Rise of Digital Reading Openai Walking Workout In The Us
    - Advantages of eBooks Over Traditional Books
2. Identifying Openai Walking Workout In The Us
    - Exploring Different Genres
    - Considering Fiction vs. Non-Fiction
    - Determining Your Reading Goals
3. Choosing the Right eBook Platform
    - Popular eBook Platforms
    - Features to Look for in an Openai Walking Workout In The Us
    - User-Friendly Interface
4. Exploring eBook Recommendations from Openai Walking Workout In The Us
    - Personalized Recommendations
    - Openai Walking Workout In The Us User Reviews and Ratings
    - Openai Walking Workout In The Us and Bestseller Lists

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