

Transcript: Pamela

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Full Transcript

Hello, welcome to this week's episode of the Daily Motion. I'm your host, James Anderson-Kube. In today's show, we'll be discussing how to get fit and healthy in 2023. Now, if you're new here, don't forget to subscribe to our channel so that you never miss another video. Also, hit the bell icon next to the subscribe button so that you're instantly notified of our latest uploads. Today's video is all about how to get fit and healthy in 2023, so let's dive right in.

Conversation Format

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