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SparkPeople.com is challenging cities across America to get fit and healthy and Dallas needs YOUR HELP to make sure we lead the way!

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- > Personalized fitness & nutrition program
- > Calorie counter and fitness tracker tools
- > Advice and help from health and fitness experts
- > Motivation and support from others just like you
- > Articles and tools to help you reach your goals
- > Healthy events & resources in Dallas
- > Meal plans, shopping lists & nutrition tips
- > Much more!



All 100% free

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