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Eddie Davila, MS, ACSM-CEP, ACSM-EP, EIM 3, is co-owner of Urban Fitness ([www.urbanfitnessmt.com](http://www.urbanfitnessmt.com)) in Bozeman, MT. He is also a Certified Clinical Exercise Physiologist in the department of Cardiac and Pulmonary Rehabilitation at Bozeman Health Deaconess Hospital.

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