## The Bikini

(by Vivien Wade)



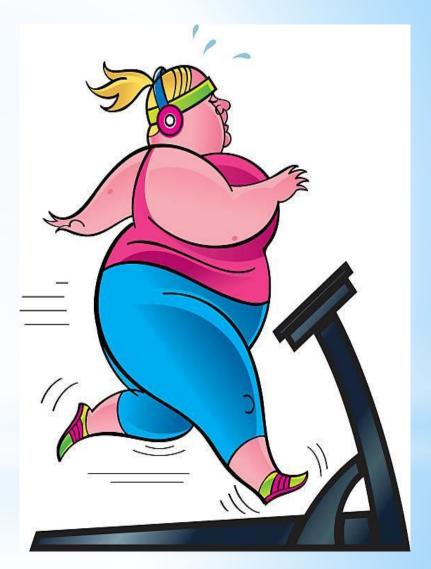
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The first class was absolute agony, Perspiring and jumping around, Then onto the treadmill I went, Hoping I'd walk off a pound.









It's back to my dark one-piece swimsuit, Which covers me from neck to knee.