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Concepts of Fitness and Wellness
A Comprehensive Lifestyle Approach
Tenth Edition



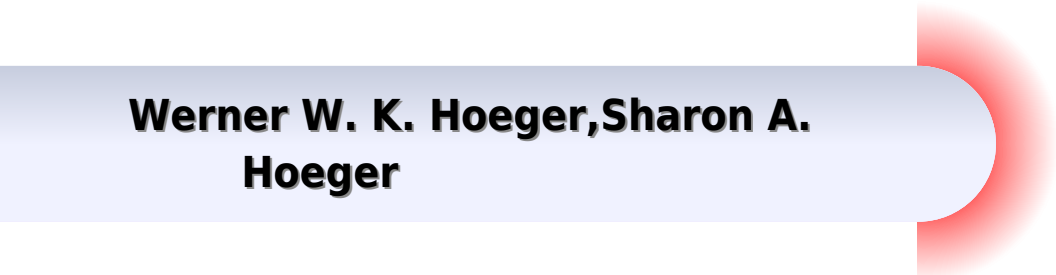
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