

# Concepts of Fitness & Wellness

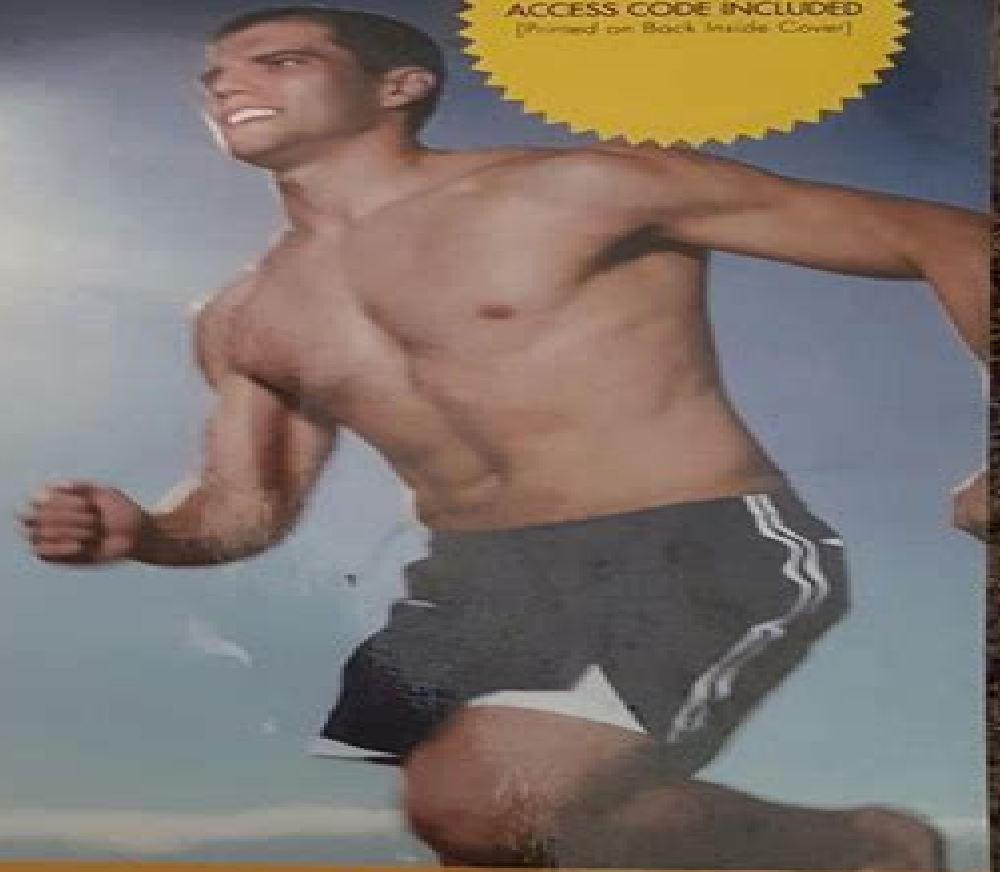
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**Barbara A. Bushman**



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