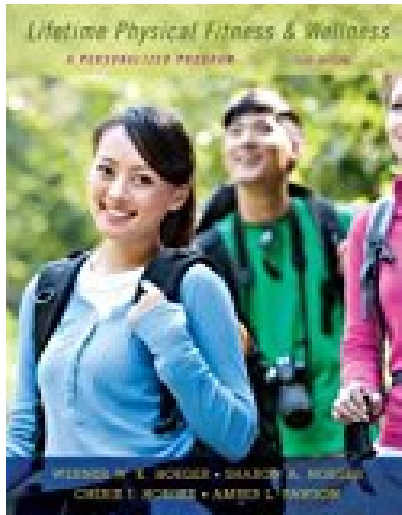


# Lifetime Physical Fitness and Wellness A Personalized Program

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## BOOK DETAILS

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- Pages : 587 Pages
- Publisher : Brooks Cole
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## BOOK SYNOPSIS

LIFETIME PHYSICAL FITNESS AND WELLNESS can help you take control of your personal fitness and wellness by providing current, practical information and tools to make positive choices for your health. The authors encourage you to assess your current behaviors in order to apply the practical steps you learn in the text to start positive behavior changes. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

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