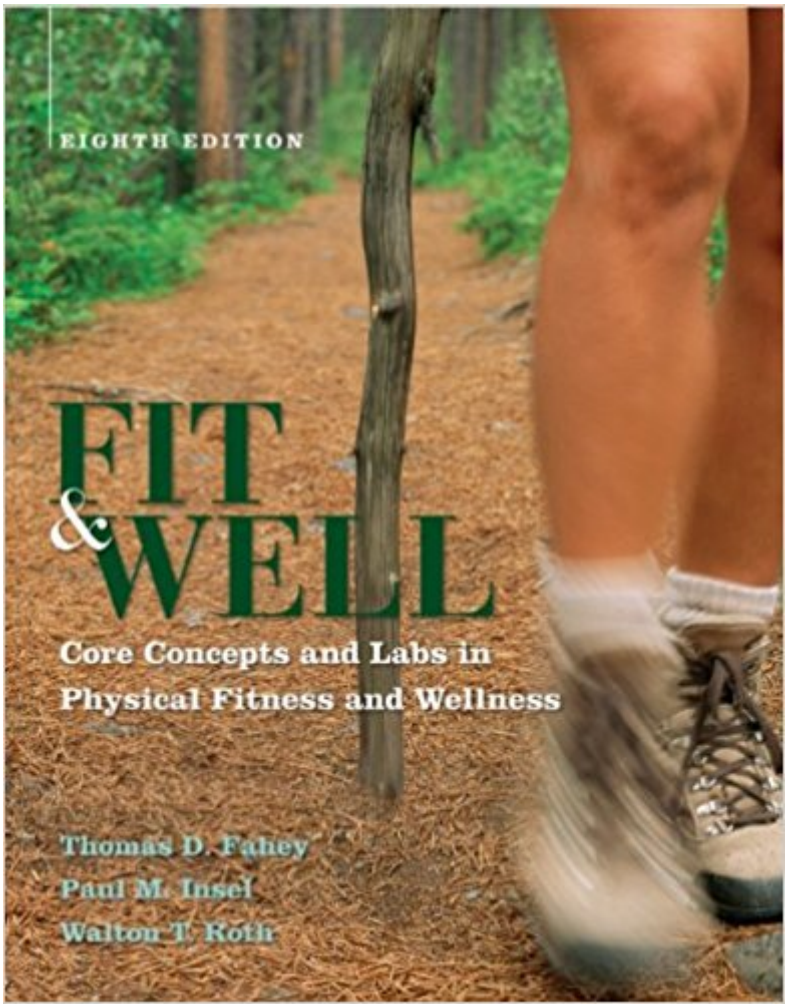
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# Fit & Well: Core Concepts And Labs In Physical Fitness And Wellness




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