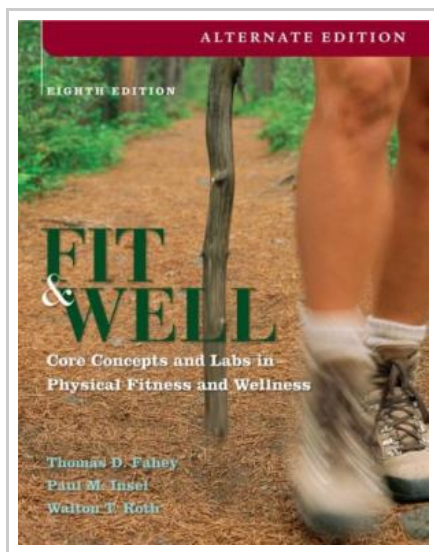




## Fit & Well: Core Concepts and Labs in Physical Fitness and Wellness

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