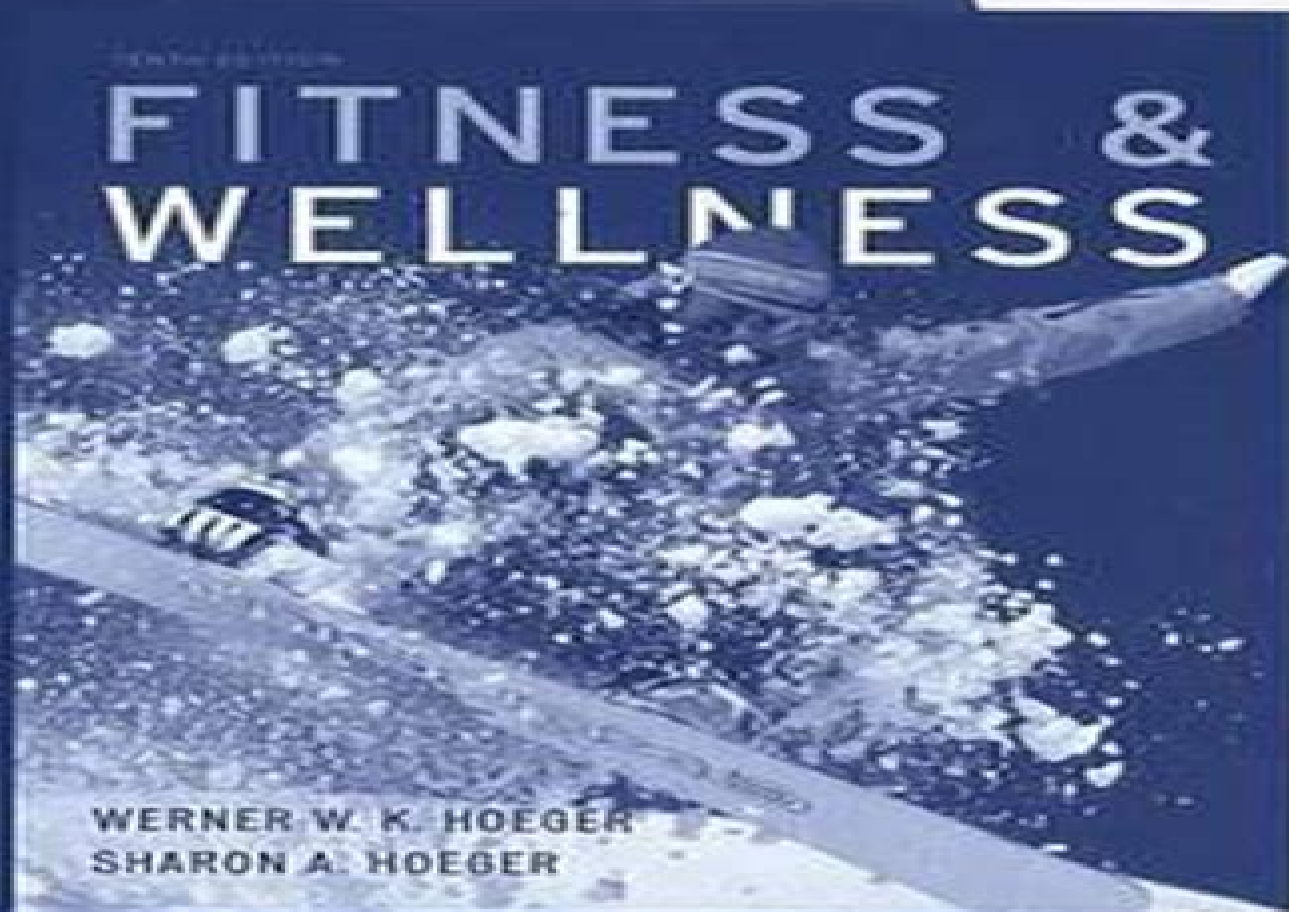


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Telecourse Gde Becoming Physically Fit Fitness And Wellness

**Werner W. K. Hoeger, Sharon A.
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change in life style as well You will have to incorporate a regular exercise routine in your life and also eat healthier By avoiding junk foods fizzy drinks bad habits like smoking and alcohol and by getting adequate amount of rest you will be able to become physically and mentally fit Just by eliminating all these food substances from your life no matter how temporarily you will allow your body to detox and become stronger Make sure that you spend more time outdoors in the sun and fresh air and take part in more healthy activities Fishing bicycling swimming hiking and even playing foot ball with your kids should be a part of your physically fit lifestyle **Becoming Physically Fit** Steffani S. McQueen,2006-07 BECOMING

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