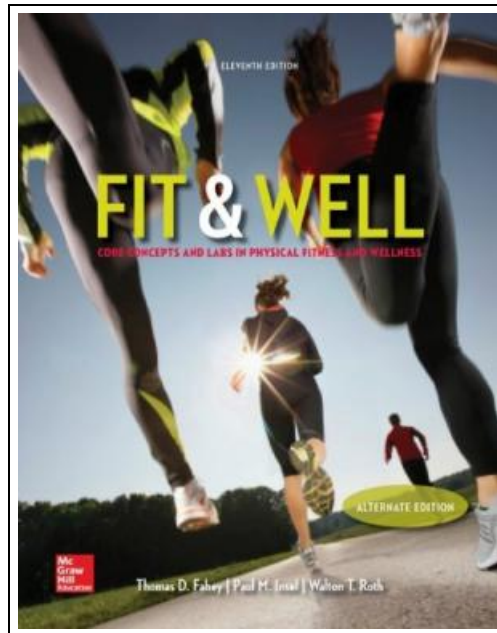


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FIT WELL: CORE CONCEPTS AND LABS IN PHYSICAL FITNESS AND WELLNESS



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