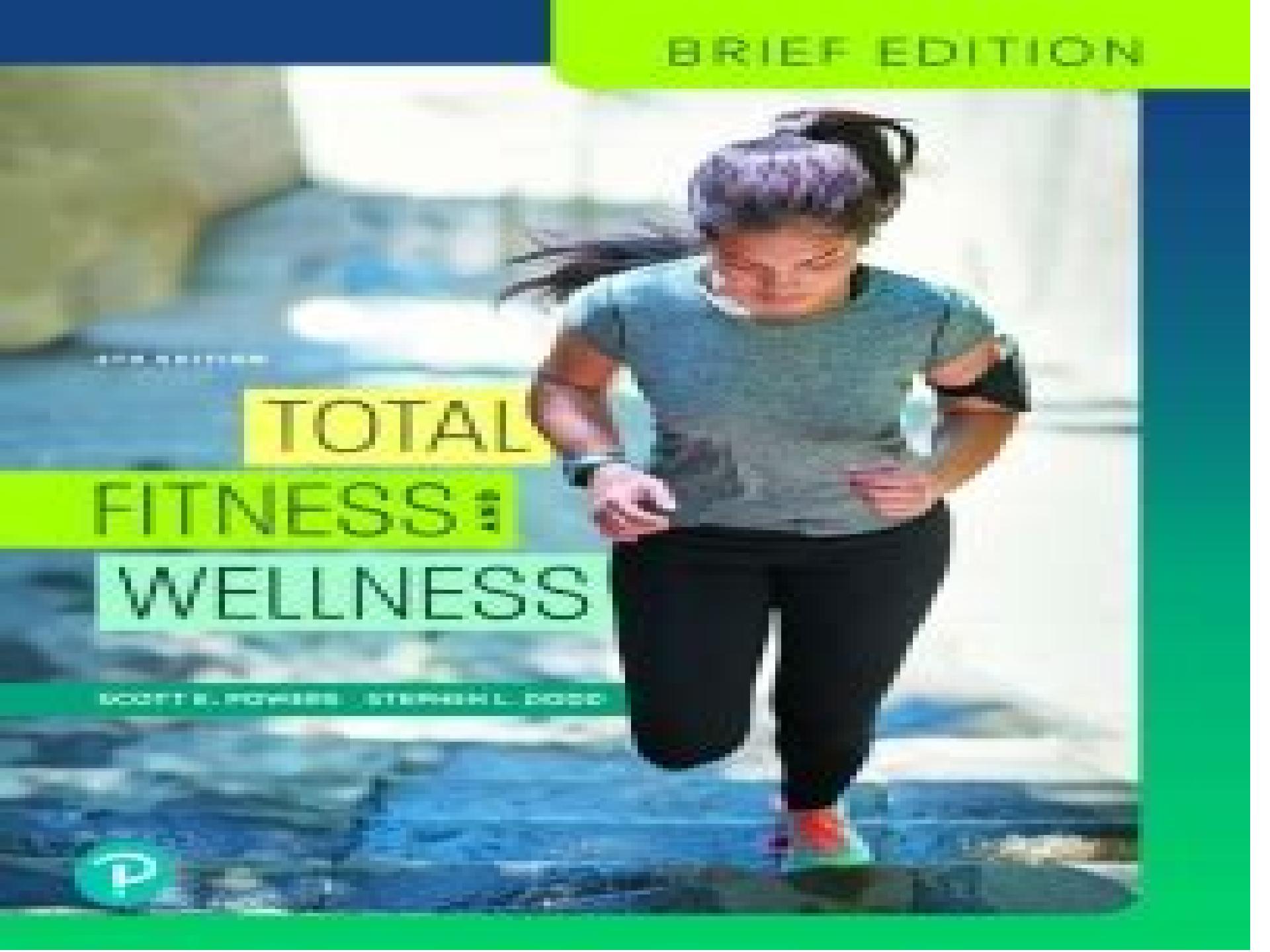


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ROBERT B. MCKEEEN, JEFFREY H. BOONE

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Total Fitness Wellness 6th Edition

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Total Fitness and Wellness, Loose-Leaf Edition Scott K. Powers,Stephen L. Dodd,2019-01-04 NOTE

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McQueen, 2004-06 BECOMING PHYSICALLY FIT is a new telecourse produced by the DALLAS TeleLearning of the LeCroy Center for Educational Telecommunications This course is designed to move students toward improving their personal physical fitness and obtain an overall healthier lifestyle at a pace specific to each individual Students are asked to make behavioral as well as physical changes to their lifestyle The successful implementation of these changes serves to motivate students to maintain personal fitness proper nutrition and lifelong healthy lifestyle choices For more information on the course visit <http://telelearning.dcccd.edu>

The Cumulative Book Index, 1999 **Forthcoming Books** Rose Arny, 2003-04 **Subject Guide to Books in Print**, 1991 **Fitness for Living** Bill Hyman, 2000 **Books in Print**

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