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- o Being able to carry out daily tasks without physical fatigue.
- o Being able to enjoy leisure time activities.

Fitness Risk Factors:

PERSONAL FITNESS STUDY GUIDE

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lasts for a long period of time. Media- Newspapers, magazines, television, and radio. Physical fitness- The capacity of the whole body to ...

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Study Guide Week One. STUDY GUIDE: MODULE 1 As you read this week's textbook reading assignments, take notes in response to these questions and statements. This study guide will help you to prepare for your quiz. Fee and Stuart. 1. Know: Hermeneutics is the art and science, or as some would say the theory and practice, of interpretation.

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