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BODY FUEL A GUIDE TO

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Fitness may refer to: Physical fitness, a state of health and well-being; Fitness (biology), an individual's ability to propagate its genes; Fitness, a women's magazine, focusing on health and exercise

Fitness - Wikipedia

Exercise is any bodily activity that enhances or maintains physical fitness and overall health and wellness. It is performed for various reasons, including increasing growth and development, preventing aging, strengthening muscles and the cardiovascular system, honing athletic skills, weight loss or maintenance, improving health and also for ...

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