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A Fit and Well Way of Life Gwen Robbins,Debbie Powers,Sharon Burgess,2008 **HR Focus** ,1993 Physical Education James Naismith,Luther Halsey Gulick,1892 Y's Way to Fitness Walking June Irene Decker,Georgia Orcutt,Patricia Sammann,1989 **Eat and be Lean** Dana Thornock,1992 *Runner's World* ,1997 *The Complete Guide to Walking for Health, Weight Loss, and Fitness* Mark Fenton,2007 The sportsman's, tourist's, and general time-tables and guide to ... Scotland, ed. by J.W. Lyall J Watson Lyall,1886

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