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Created by. Saud_Arj. Key Concepts: Terms in this set (15) A ___ is a brief summary if your fitness self- assesment results. Fitness profile ___ is an acronym used to characterize good goals for your program.

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fitness for life-chapter 14-2 - CHAPTER14 LESSON14.1 ...

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Fitness For Life Chapter 14 Review Answers

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Fitness For Life Assignments - JBennett-Physical Education

Case Study zjim is a 30 year old LEK senior associate.Both of his parents died of cardiovascular disease. He quit smoking about 3 years ago. His resting blood pressure is 139/89. His cholesterol is 218mg/dl.

Fitness for Life - Saint Mary's College of California

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Nutrition & Wellness for Life, 4th Edition page 2

I have this book, Fitness for Life (don't ask), that I have to do the Chapter Review's for. Is there anywhere online I can find the answers? Source(s): find answers 39 fitness life 39 textbook chapter reviews: <https://tr.im/riAP3>

Where Can I Find The Answers To The 'Fitness For Life ...

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