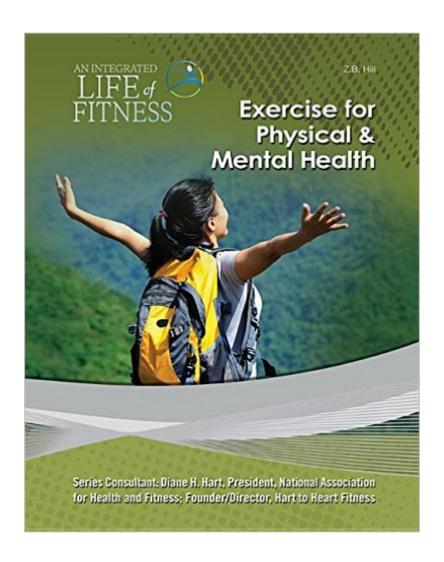
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# Exercise For Physical & Mental Health (An Integrated Life Of Fitness)





## **Synopsis**

You know that exercise and physical activity can change the way your body looks, helping you lose weight and build muscle. But did you know that exercise also changes the way you think? Find out how exercise affects your body and your mind, improving your physical health and helping you to feel good about yourself. Discover the science behind how exercise helps you avoid health problems and how working out can lift your mood. Learn how to create a workout plan and stick with it!

#### **Book Information**

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