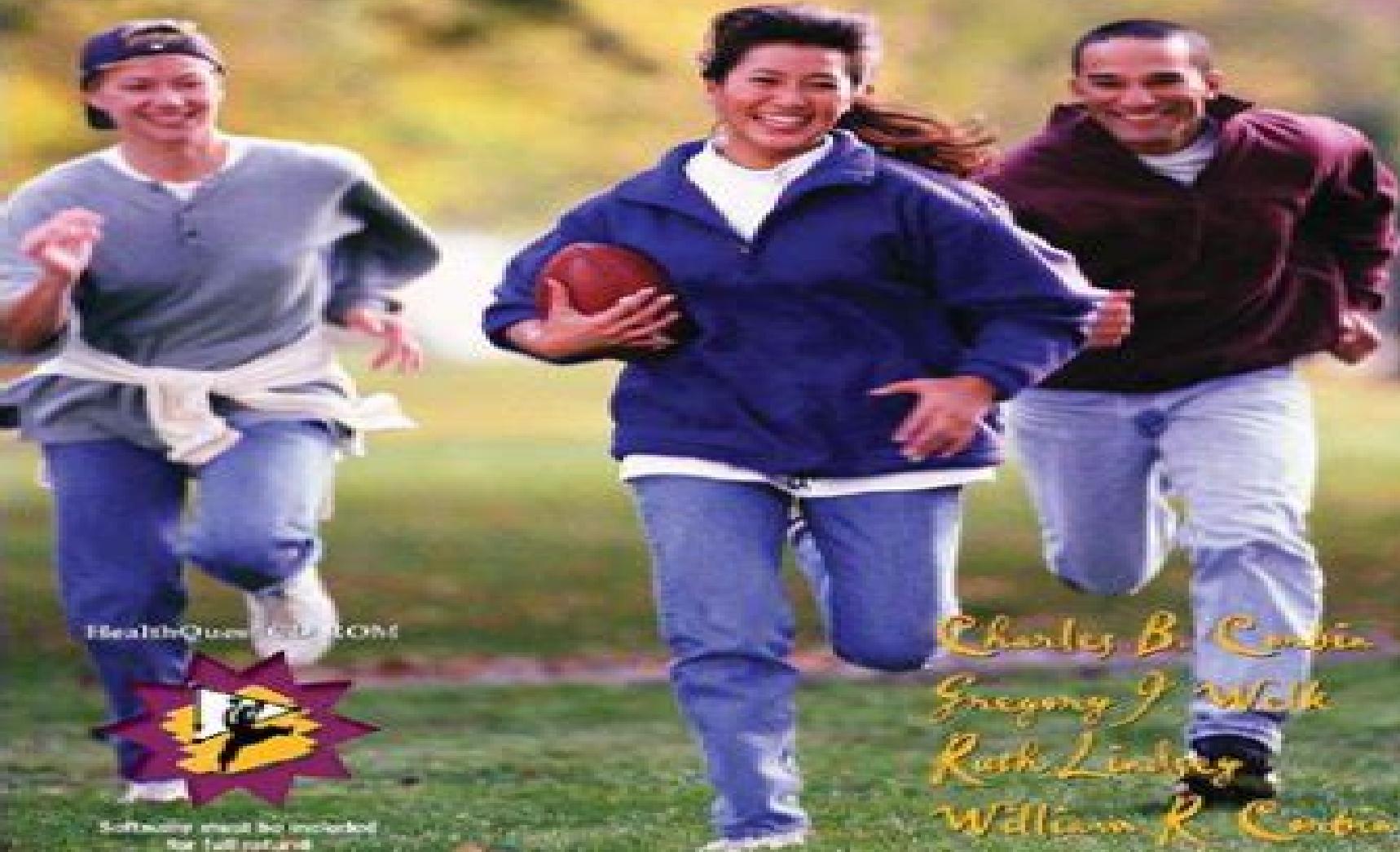


Concepts of Physical Fitness

Eleventh Edition

Active Lifestyles for Wellness



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goes without saying and is applicable to almost every fundraising idea out there goal setting is an essential step in planning and executing any healthy fundraising campaign or event