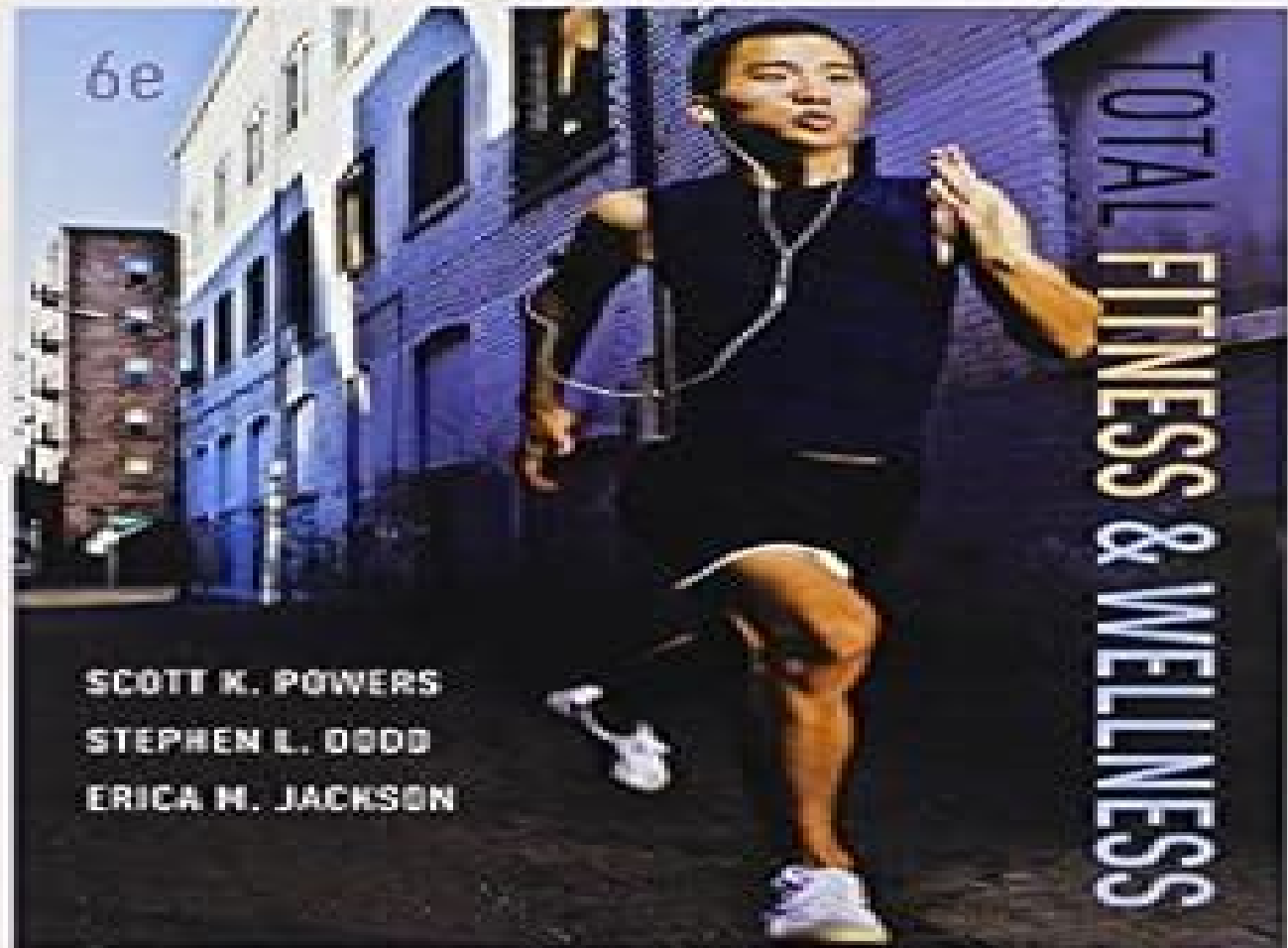


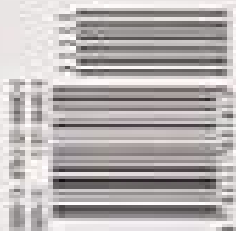
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 - Chapter 1: Introduction to Total Fitness Wellness S A La Carte Edition 6th Edition
 - Chapter 2: Essential Elements of Total Fitness Wellness S A La Carte Edition 6th Edition
 - Chapter 3: Total Fitness Wellness S A La Carte Edition 6th Edition in Everyday Life
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