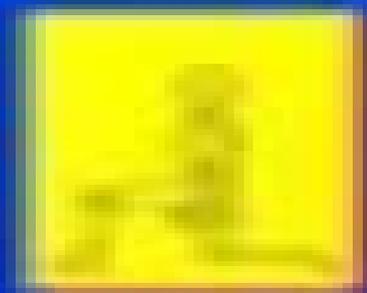
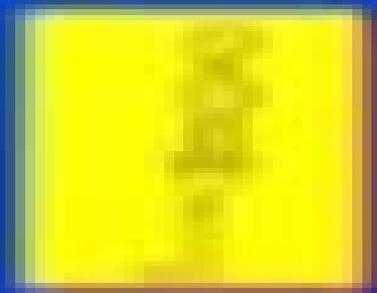


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Illustrated by
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Exercises For Health Promotion A Prescriptive Approach

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