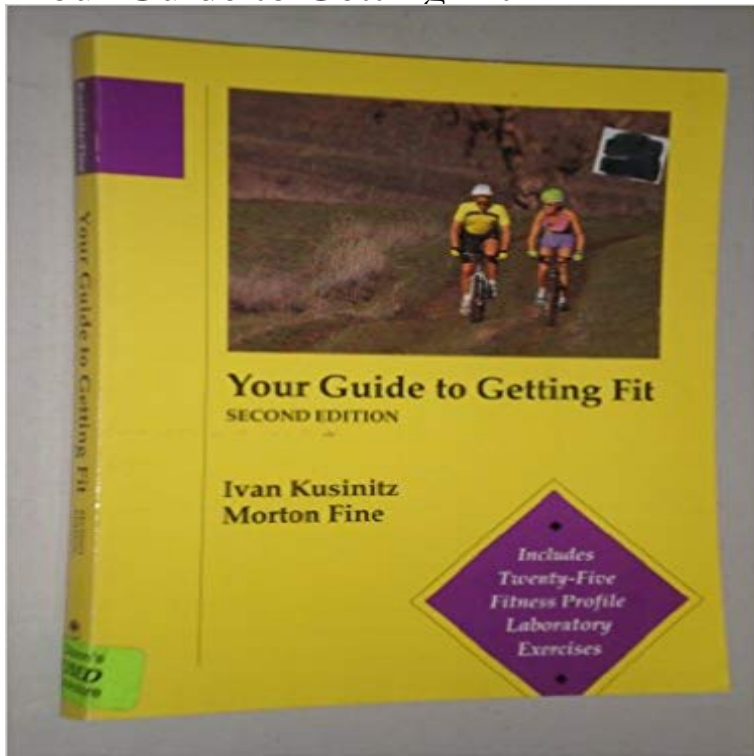


## Your Guide to Getting Fit



This book provides readers with a practical guide to understanding fitness and developing a successful personal fitness programme. It includes physiological information and outlines the fitness process.

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