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_____ b. Keep track of what you eat and drink for three days. Day 1 Day 2 Day 3
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Personal Fitness for You by Roberta Stokes,
March 31, 2006, Hunter Textbooks edition,
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Problem 2. Which statement is true about achieving muscular fitness?1. Increased muscular fitness will decrease lean body mass2. Increased muscular fitness will increase risk of back pain.3. Increased muscular fitness will weaken bones4.

Which statement is true about achieving muscular fitness1 ...

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