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Faith-Based Fitness Kenneth H. Cooper,1997 The medical program that uses spiritual motivation to achieve maximum health and add years to your life Physical Education James Naismith,Luther Halsey Gulick,1892 *It's Better to Believe* Kenneth H. Cooper,1995 Medical program using spiritual motivation to achieve maximum health longevity **The Complete Guide to Walking for Health, Weight Loss, and Fitness** Mark Fenton,2007 Eat and be Lean Dana Thornock,1992 *Walking Magazine's the Complete Guide to Walking for Health, Weight Loss, and Fitness* Mark Fenton,2001 A guide to walking presents a diet and exercise plan to improve overall health lose weight build endurance and speed and become fit

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