

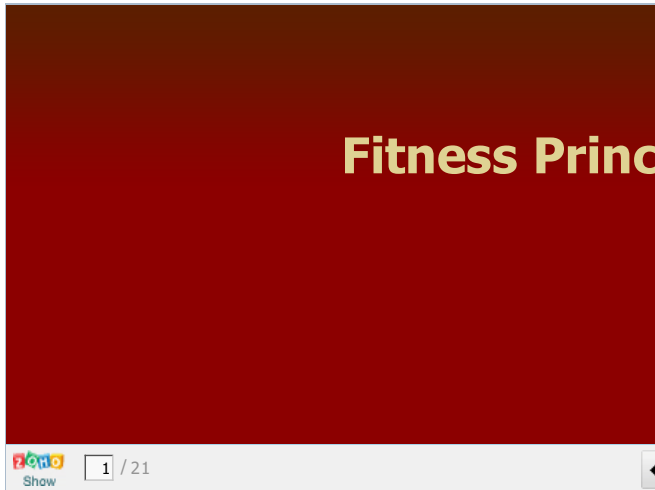
Fitness Facts for Students

List of Health and Fitness PowerPoints

- Fitness Principles and Concepts
- Important Fitness Facts Students Should Know
- Strategies for Each Stage of Physical Activity
- Fun Fitness Facts for Students
- Self Management Skills
- Stretching Guidelines
- Eating Disorders

Use the arrows to advance through the slides.

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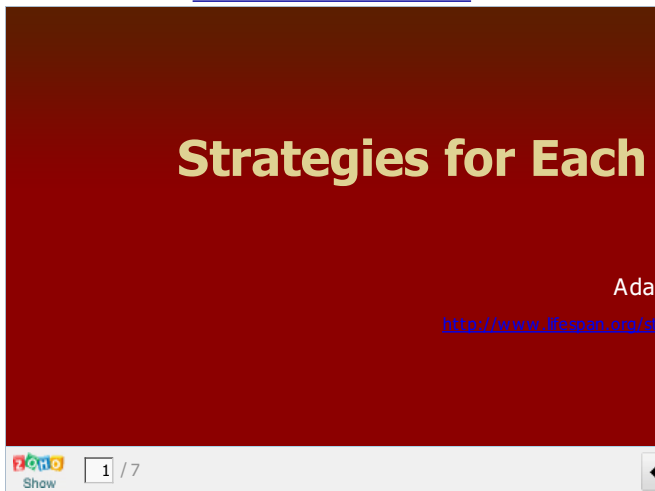
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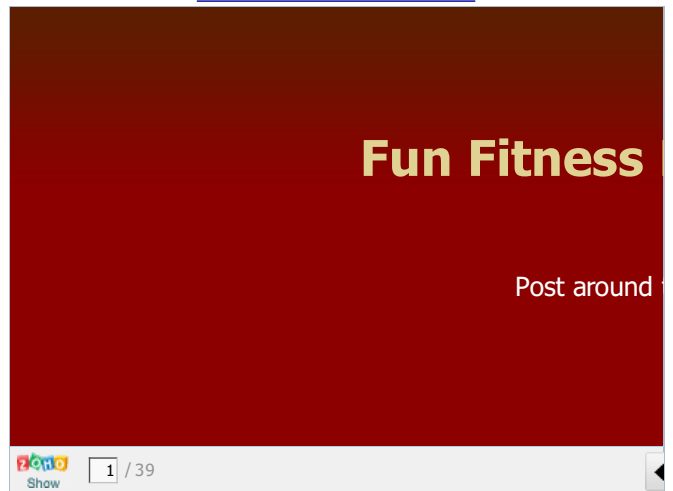
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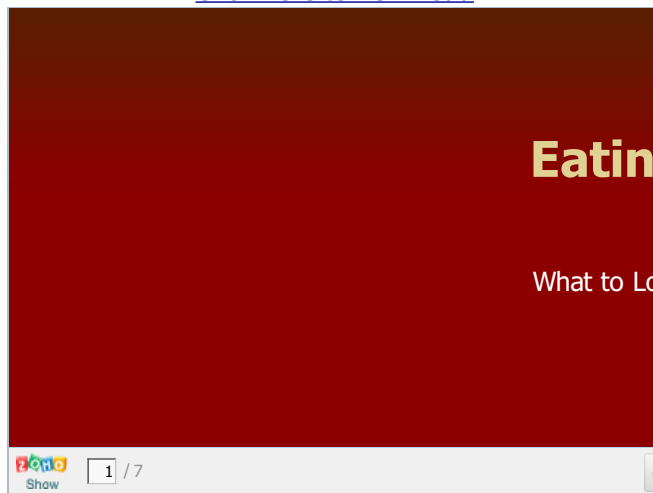


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