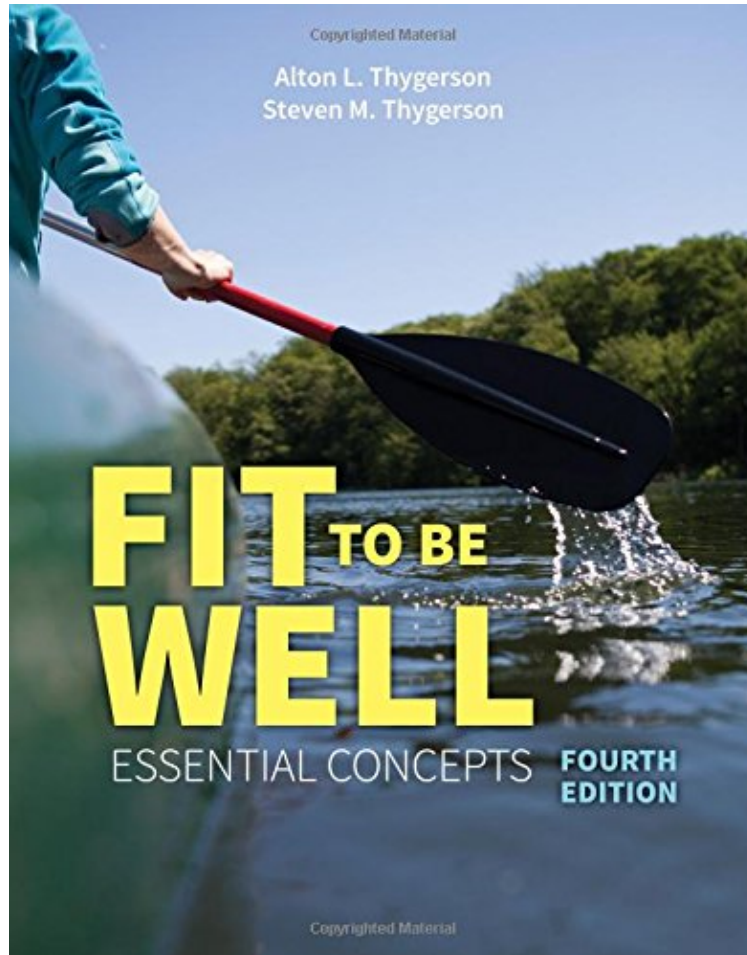


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## Fit To Be Well: Essential Concepts

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