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Personal Fitness Scout's Name: _____

_____ b. Keep track of what you eat
and drink for three days. Day 1 Day 2 Day 3
Identify three healthy eating goals you want

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to work on. 1. 2. 3. 7. Outline a comprehensive 12-week physical fitness program using the results of your physical fitness tests. Be sure your

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Problem 2. Which statement is true about

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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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The most obvious path into a career in personal fitness is to become a personal trainer. To make a good living, you ' ll need to get certified by an organization like The American Council on Exercise, American College of Sports Medicine, National Association of Sports Medicine, International Sports Sciences Association or

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