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the reason, a state of general well-being marked by physical health and mental stability.

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and flexibility. It also  
linked to an  
individual's overall  
health and ability to  
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with adequate energy  
levels (Howley  
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other words, an  
individual's fitness  
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questions: What are  
my goals? What do I  
want to get out of this  
fitness program? How  
will I do it? Is it  
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specific in your answers. For instance, do you want to be able to run for 30 minutes four times per week? Or do you want to lose 5 pounds in a month?

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