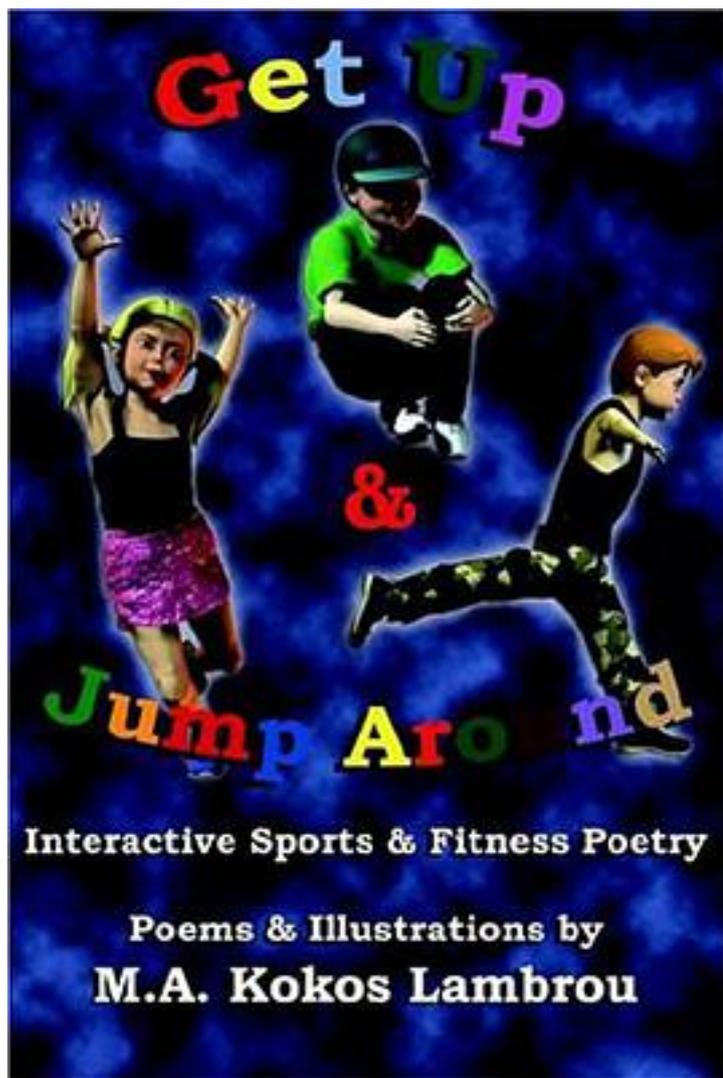


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著者:Lambrou, M.A., Kokos

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Studies have shown that exercise for the body stimulates the brain and promotes academic success. Children who develop regular exercise habits not only improve their physical health, but improve their self-esteem and confidence, and are more likely to stay active throughout their adult lives. What are you waiting for? Get Up and Jump Around

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