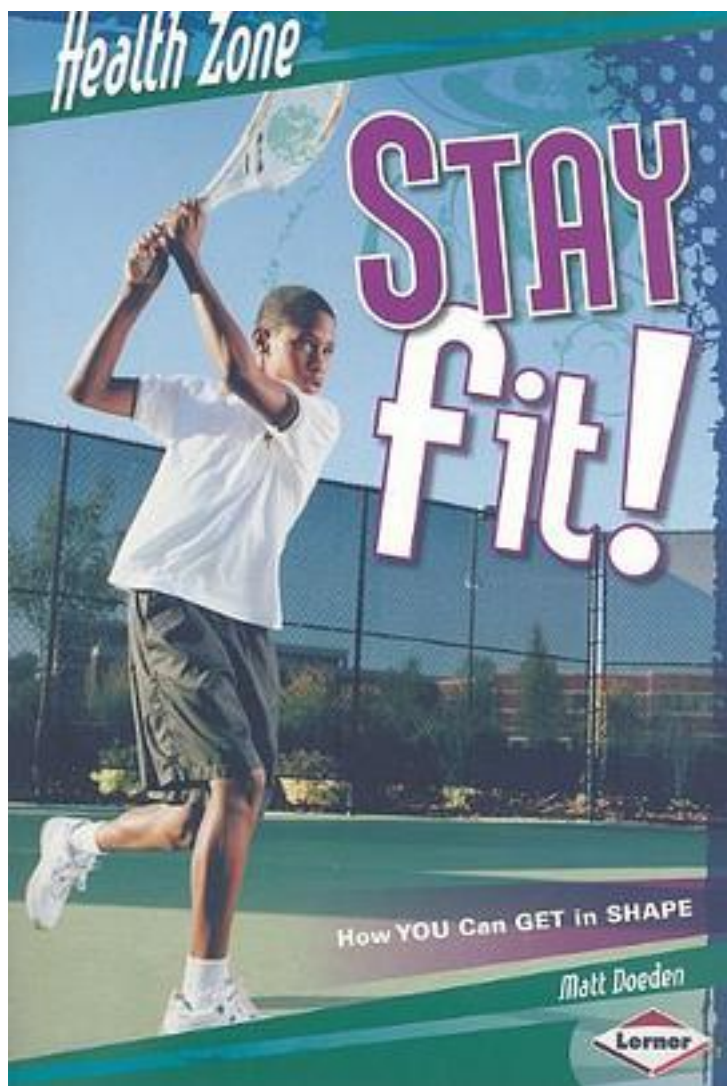


# Stay Fit!



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Does just the thought of running make you sweat? There are many ways to get exercise. You need to find what's fun for you. Why should you worry about physical fitness anyway? What's the best way to stay in shape? And what happens to your body if you don't get the physical activity you need? Explore the answers to these questions and learn how you can stay fit

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