

Title:  
Are You Fit?

Word Count:  
529

Summary:  
Fitness refers to ability of the body to function with vigor and alertness. Nutrition refers

Keywords:  
fitness

Article Body:  
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First, you might want to look at your exercise habits, if there are any. If there aren't any  
Do you take in more calories than your body needs? Are you supplementing your vitamins and mi

What about the stress levels in your life? Do work in an environment with high levels of stre

Fitness requires us to examine more than just our exercise routine. The mere definition of fi

Exercises that demand total body involvement are the best for maintaining and improving your l

There are so many occasions to stop and question our efforts at maintaining optimal health, th

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