



Understanding Fitness: 241 (Issues)

Cara Acred

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Did you know 50% of people in the UK can't run 100 meters? With British people accused of being among the laziest in Europe, it is important to learn how we can embrace fitness, rather than shy away from it. Obesity is becoming a modern day epidemic, with many unaware of the dangers of being overweight or how to start tackling the problem. This book explores the concept of fitness and it's benefits, looks at the facts about obesity and looks at ways we can start to get active and be involved in fitness.

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