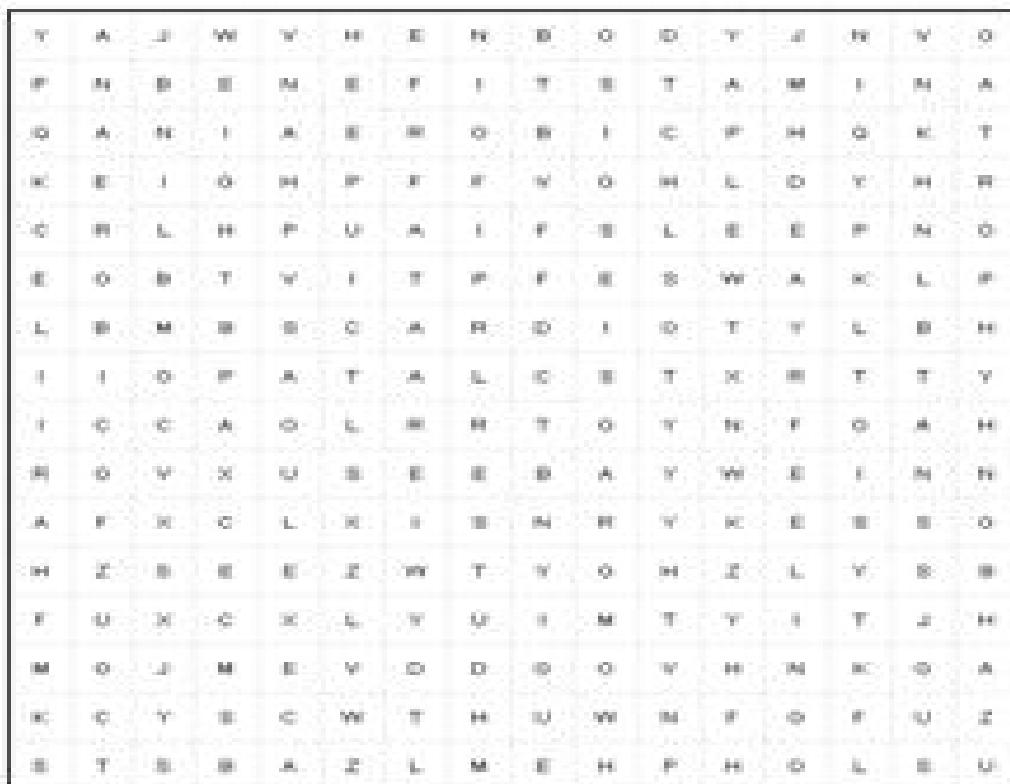


Chapter 4 - Fitness and Exercise

Date _____

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Version 2 MCW Standard



exercise	feeling	benefits	activity	strong	strength
stamina	fat,	weight	rest	sleep	health
fitness	metabolism	cardio	aerobic	aerobic	muscular
body	composition				