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offers a variety of resources, including exercise videos, case studies, and portable reference cards, to turn active learning into active living and encourage you to take control of your lifestyle habits and meet your personal health and wellness goals.

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About. Bua Fitness was founded for one reason - to help you with long term, lasting change to your body, your health and

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your state of mind. Our Director of Fitness, Rua Gilna has over 14 years of experience in the Fitness Industry in roles ranging from training elite level athletes, training the average Joe, managing prestigious gyms, consulting in difficult injury rehab cases and leading ...

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FITNESS, he has written several other textbooks for Cengage Learning, including Fitness and Wellness, Principles and Labs for Fitness and Wellness, Lifetime Physical Fitness and Wellness, Wellness: Guidelines for a Healthy Lifestyle, and Water Aerobics for Fitness and Wellness (with Terry-Ann ...

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