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Createspace, United States, 2015. Paperback. Book Condition: New. Large Print. 280 x 216 mm. Language: English. Brand New Book ***** Print on Demand *****.Physical Literacy 12 Steps Pledge Ambassadorship is the passport that connects a path (the yellow brick road to health and fitness) for readers young and old: Or fit and unfit with 12 proven strategies according to scientific based research and national health and fitness objectives to learn how to workout smarter, stay healthier, reduce health disparities...

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- Authored by Steven C McCartney
- Released at 2015



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