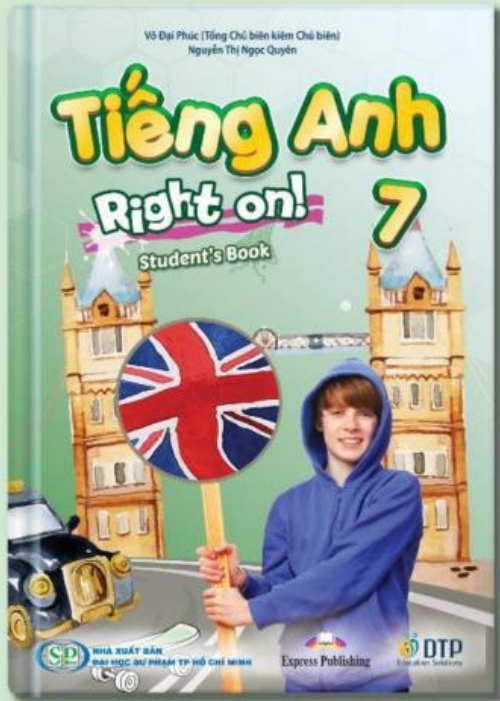




Unit 2: Fit for Life

Lesson: Overview

Pages 28 - 29