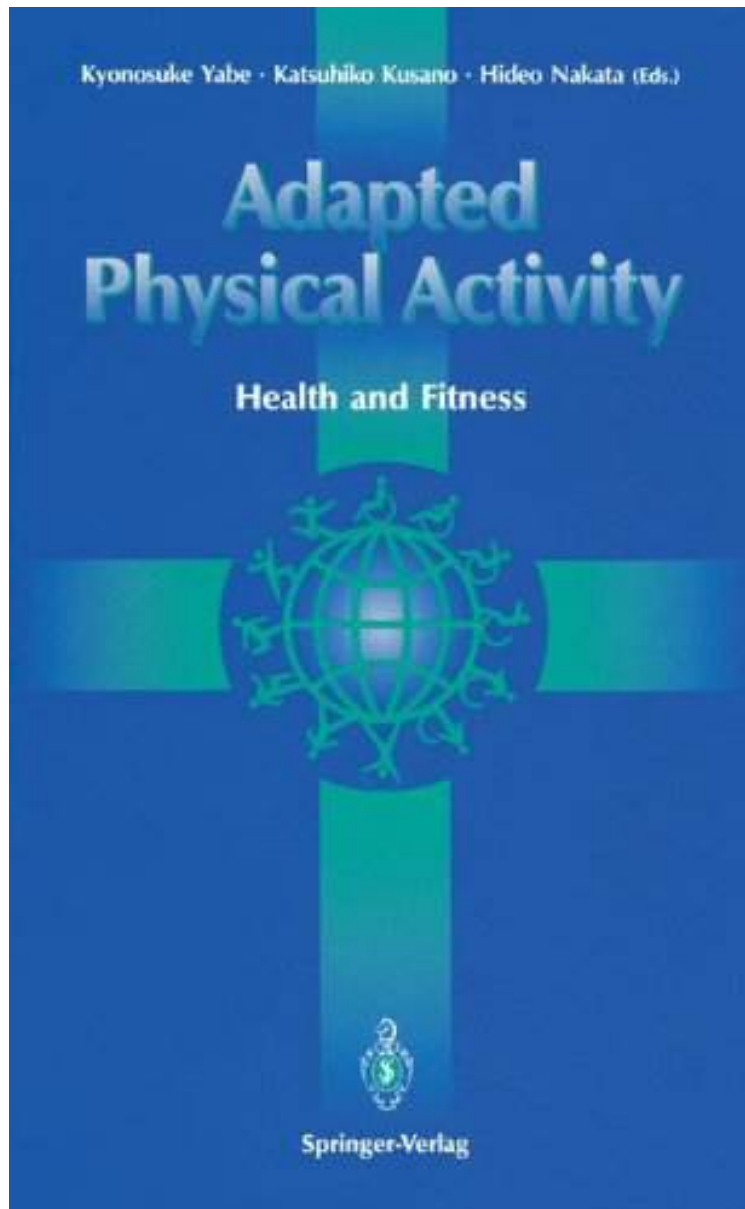


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## Adapted Physical Activity: Health and Fitness

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o physiological fitness includes nonperformance based metabolic and morphologic fitness and bone health<sup>13</sup> physical activity any bodily movement produced by find great deals today on adapted pe items for special needs and more at flaghouse **review** physical activity keeps pre teen and teenage bodies and minds healthy at this age your child needs at least one hour of activity each day find out more physical activity particularly endurance type exercise of sufficient intensity duration and frequency favorably affects weight loss total fat content and body

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