

The image features a light gray, marble-textured background. In the top-left corner, there is a small cluster of dried, light-colored flowers with brown stems. In the bottom-left corner, there are two more dried flower heads. In the bottom-right corner, there is a larger, more dense cluster of dried flowers. Centered horizontally in the middle of the image is a row of seven light-colored wooden blocks, each with a black letter. The letters, from left to right, are F, I, T, N, E, S, and S, spelling out the word "FITNESS".

F I T N E S S

Physical Education A Contemporary Approach

Arturo Cuomo



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