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health problems. sedentary. not taking part in physical activity on a regular basis.
health. the state of well-being in which all of the components of health--physical, emotional, social ...

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factor. anything that increases the
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health problems. sedentary. not taking part
in physical activity on a regular basis.
health. the state of well-being in which all

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of the components of health--physical,
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in the past. •Health Today Many health problems today are caused in part by unhealthy lifestyles. Diabetes, heart disease, and cancer are examples of lifestyle diseases. Chapter1

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