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Fitness for Life - 5th Edition - Cloth. 5th Edition. by Charles Corbin (Author), Ruth Lindsey (Author) 4.5 out of 5 stars 25 ratings. ISBN-13: 978-0736046626. ISBN-10: 0736046623.

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Dr. Le Masurier has given more than 30 research and professional presentations at national and regional meetings. He reviews research for numerous professional journals and has contributed to Fitness for Life, Fifth Edition, and the Physical Best Activity Guide. Dr.

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