

LiveJournal Feedback

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Your request has been filed. You can track the progress of your request at:

If you have any other questions or comments, you can add them to that request at any time. Send another report [Close feedback form](#)

Reference

[Health Behavior and Health Education: Theory, Research, and Practice](#)

[Body by Science: A Research Based Program for Strength Training, Body building, and Complete Fitness in 12 Minutes a Week](#)