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5 Indiana Academic Standards for Health & Wellness K.2.1 Identify how the family influences personal health practices. Example: Name the health practices of family members observed (e.g., brushing teeth, washing hands, wearing safety belt, looking both ways

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• I find in Bierce a kindred spirit and read the book through in short order. Even in light of the five star rating, I wish the editor had given a little more Description &>Total Fitness and Wellness gives students a solid foundation in fitness and lifetime wellness, while teaching and coaching them how to space to some of the "beefs" with individual luminaries that gave rise to Bierce's barbed verse, as in Black Beetles in Amber.

3

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