



The Quality of Life: Wellness, Fitness, and You!

Marcos Schneider

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In this wonderful age of enlightenment and advanced medicines, we should be some of the most fit, most well human beings. But, you will most often find the opposite is true. So how and why has this happened? The following report takes a look at all the components that must be present for us to be fit and well. We will examine all the necessary conditions that must be met in order for us to be fit and well. And some of the more creative, fun and unique forms that self-help and medicine have taken over the last several centuries.

As you read the following paragraphs, we're going to walk through some of the more generalized areas of wellness, fitness and overall good health that each and every person should strive to attain. We'll then move on to examining the various areas of individual concern, fitness, wellness, the mind, body and soul importance, and the development of good health practices. All of these areas are necessary for the whole wellness of the individual.

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