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intake to the individual and the exercise being performed. Select appropriate clothing and footwear. Proper footwear (fit and cushioning) is crucial for safety and comfort.

Get Fit Stay Well Third Edition Chapters 1-14 Flashcards

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Third shift workers live a unique life. Your time schedule is completely the opposite of people who live and work during daylight hours. Eating can become a challenge for you, as most restaurants are not available for service during the wee hours of the night.

Diet for 3rd Shift People | Livestrong.com

This year, the 4th is on a Tuesday, so I'm going to make a radical proposal: Treat the 3rd like a holiday as well. Here's why: An Awesome Four Day Weekend or get some summer yard work done ...

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