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Mitchell, T., T. Church, and M. Zucker. Move Yourself: The Cooper Clinic Medical Director’s Guide to All the Healing Benefits of Exercise. Wiley, 2008. ISBN: 9780470042236. Pronk, N, ACSM's Worksite Health Handbook - 2nd Edition: A Guide to Building Healthy and Productive Companies (American College of Sports Med), 2009. ISBN-13: 978-0736074346

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