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Fitness Journal Magazine

**Stephen Blake Mettee,Michelle
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Fitness Mosaics Mark R. Hailey, 2011-11-20 Mark R Hailey's collection of magazine and blog articles comes together in one book entitled *Fitness Mosaics*. Mark takes a unique entertaining and informative approach to a number of health and fitness topics. You get a better understanding of metabolism when he compares the inner workings of the human body to the inner workings of a car. You discover your inner Cro Magnon by understanding through evolution that you are genetically programmed to succeed in fitness. While on a trip to visit a friend in Riga, Latvia, he writes about Eastern European fitness habits and how they practice what we preach. He talks about stumbling into the world of Yoga and writes a for men only article on how they too can reap the benefits of Yoga all while keeping their male egos intact. These and other articles give you a better perspective on fitness and help empower you to make the changes you desire. Like the title indicates, *Fitness Mosaics* is a compilation of articles that creates an overall fitness picture. **Vocational Education Magazine**, 1923

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