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my clinical interest is longevity which is a function of lifespan and healthspan in math parlance longevity f lifespan healthspan lifespan is pretty easy to define, **pre season basketball coaching tips and your 6 steps to a** - mike says 9 25 2008 at 3 13 15 pm the article talks about warm up and then does not include it in the actual plan there is no portion in this practice plan about athletic enhancement how are you going to make better athletes and help prevent injury, **thestar com the star canada s largest daily** - thestar com is canada s largest online news site from national coverage and issues to local headlines and stories across the country the star is your home for canadian news and perspectives, **flux fluid motion for functional training fitness and** - at flux fluid motion we cater for all fitness needs and goals with the use of kettlebell sport and conditioning principles, **latest news about the vitality brighton half marathon** - are you set for race day brighton half 2018 is creeping up fast from planning your travel arrangements to eating a runner friendly diet don t leave it too late to get set for race day, **25 fitness instructor interview questions answers** - 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