

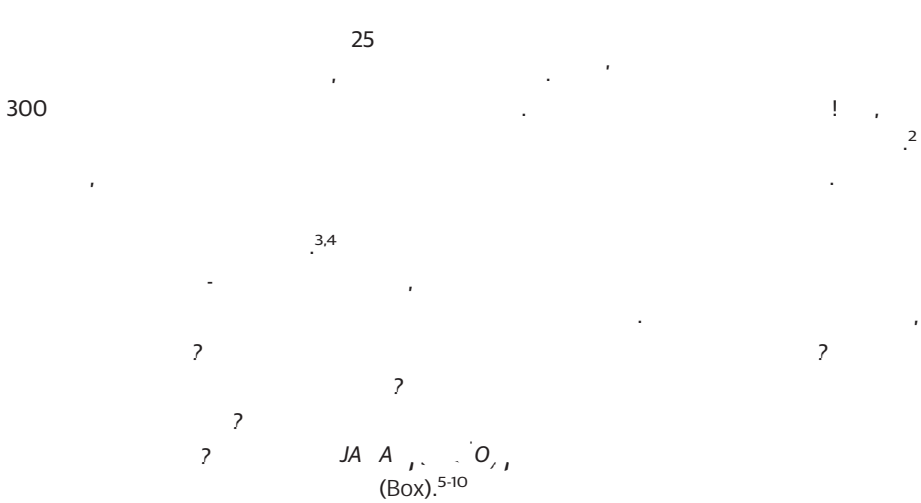
# Physical Activity, Fitness, and Cardiovascular Health

JA A , , O , ,

*Νύξ! Νύξ! Νύξ! Νύξ! Νύξ!*

The last words of Pheidippides before his death, immediately after running the approximate distance of a marathon in 490 BC<sup>1</sup>

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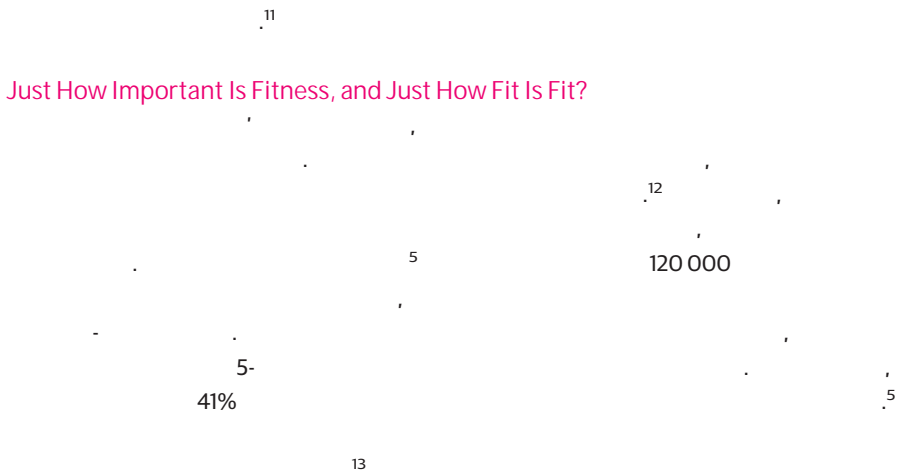


## Physical Activity, Exercise, and Fitness: Are They the Same?

*Νύξ! Νύξ! Νύξ! Νύξ! Νύξ!*

*Εξήρα!*

*Φύξ!*



## Just How Important Is Fitness, and Just How Fit Is Fit?

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