

10.3844/ajeassp.2016.107.118, Anatomy and physiology are the opposite sides of the same biological coin. Anatomy is the study of the body's internal and external structures while physiology studies the function of those structures, both singularly and in conjunction with one another., Exercise Tips - Physical Education - Fitness Though a lot of people know the importance of exercise there are still too many people who do not understand the importance of exercising regularly. Physical inactivity served as the leading risk factor for heart disease at every age from the early 30s to late 80s. And you have to fully understand that Food and Nutrition is the key to losing weight ...

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