Why Exercise?

Use our models to answer the following question: Why do the people who want to lose weight exercise? Based on our models, how/why does that help?

This is your ticket-out-the-door.

 

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Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Period: \_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_

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