

Wellness Fitness And You Plr

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Wellness refers to the condition of good physical and mental health, especially when maintained by proper diet, exercise, and habits. Nutrition refers to the nurturing of our body, in our ability to keep it healthy and functioning as it is supposed to do. Our ability to provide the body with all the necessary food, vitamins, and minerals so that we continue to thrive in our daily life processes. But what makes us well?

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