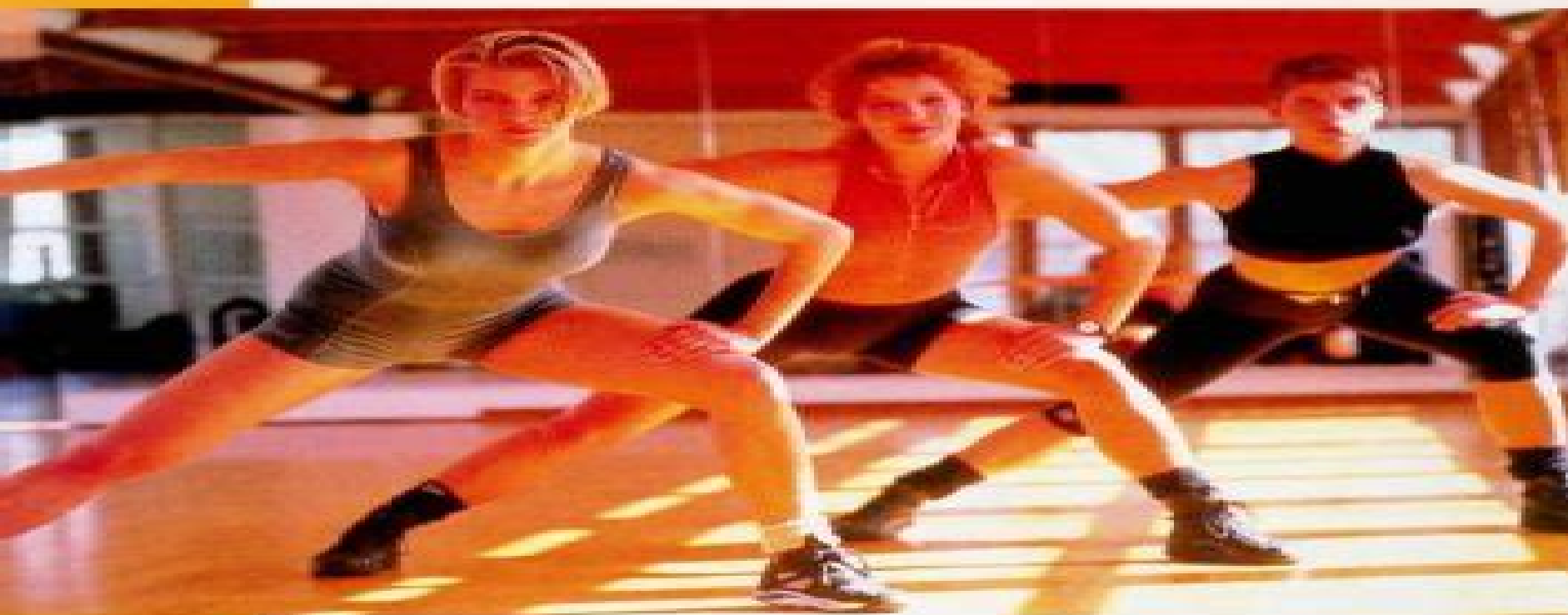


FOURTH EDITION

# The Fitness Leader's Handbook



Compiled by  
Garry Egger, Nigel Champion and Allan Bolton

# **Fitness Leaders Handbook**

**Ontario. Ministry of Tourism and  
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