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Body system made up of lungs and the air passages that bring air from outside the body into the lungs; purpose is to supply oxygen to the bloodstream and to eliminate carbon dioxide from the bloodstream

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Chapter 7 - Fitness: Physical Activity for Life Multiple Choice Questions 1. The ability to perform daily living activities with vigor is known as A. exercise. B. health-related fitness. C. skill-related fitness. D. physical fitness. Answer: B Page(s): 133-134 Objective(s): 1 2. Which of the following components of fitness is associated with speed? 3.

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