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Soggetti	Weight loss Body weight Diet Food habits Nutrition Reducing exercises Handbooks and manuals.
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Note generali	"APHC TG 358 June 2017"--Cover. "Powered by Performance Triad, sleep, activity, nutrition"--Cover. "Prepared and distributed under the direction of: U.S. Army Public Health Center (APHC), Health Promotion and Wellness Portfolio"--Page 3.
Nota di bibliografia	Includes bibliographical references (page 60).