

**McGraw-Hill Ryerson**

# **Health & Wellness**



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**McGraw-Hill  
Ryerson**



## Health and Wellness 4

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ISBN-13: 978-0-07-013678-6

ISBN-10: 0-07-013678-5

<http://www.mcgrawhill.ca>

1 2 3 4 5 6 7 8 9 10 TCP 3 2 1 0 9

Printed and bound in Canada

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PUBLISHER: Ian Nussbaum

DEVELOPMENTAL EDITOR: Sarah Powell

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ELECTRONIC PAGE MAKEUP: Lynda Powell

McGraw-Hill Ryerson would like to thank the following reviewers for their contributions to the development of this book:

Lori MacPherson, Health/Physical Education Specialist, Prince Edward Island Department of Education and Early Childhood Development

Sheila Barnes, Elementary Education Coordinator, Prince Edward Island Department of Education and Early Childhood Development

Frank Hennessey, Director of English Programs, Prince Edward Island Department of Education and Early Childhood Development

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