

jxn8o5m1c7

Weight lifting	Aesthetic appreciation	Flexability	Muscular endurance	Make friends
Co operation	Social	Mental	Body composition	Physical challenge
feel good	Boxing	f994ijgp2m	Improve health	Increase confidence
Physical	Increase fitness	Mental challenge	Gardening	Marathon runner
Cardiovascular endurance	Muscular strength	Competition	relieve stress	Enjoyment

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feel good	relieve stress	Body composition	Increase fitness	Co operation
Muscular endurance	Increase confidence	Flexability	Marathon runner	Boxing
Improve health	Aesthetic appreciation	f994ijgp2m	Gardening	Mental challenge
Enjoyment	Weight lifting	Competition	Physical	Cardiovascular endurance
Make friends	Gymnastics	Physical challenge	Mental	Social

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Physical	Gardening	feel good	Enjoyment	Muscular endurance
Muscular strength	Physical challenge	relieve stress	Increase fitness	Boxing
Mental challenge	Body composition	f994ijgp2m	Improve health	Flexability
Gymnastics	Make friends	Cardiovascular endurance	Aesthetic appreciation	Weight lifting
Social	Mental	Increase confidence	Marathon runner	Competition