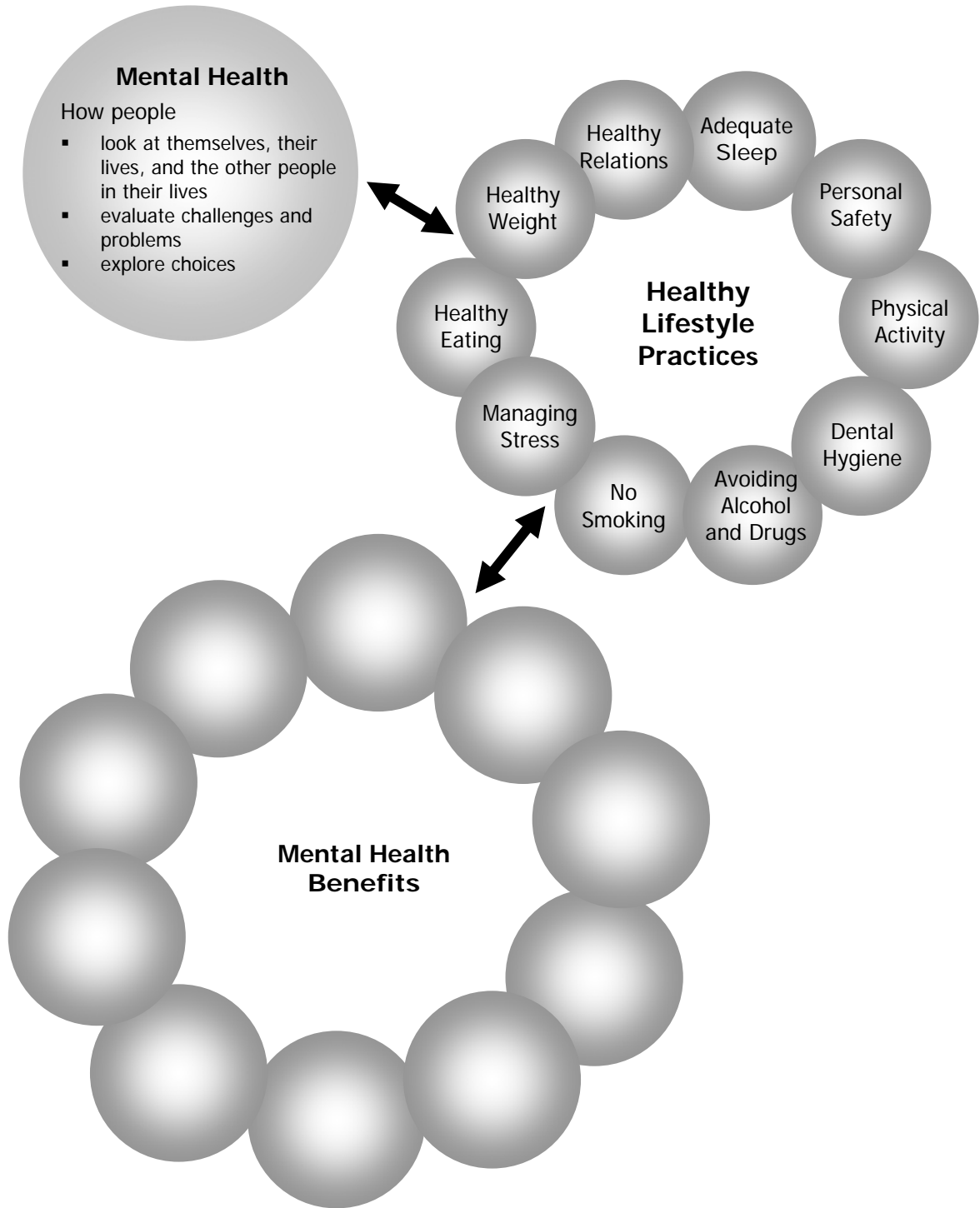


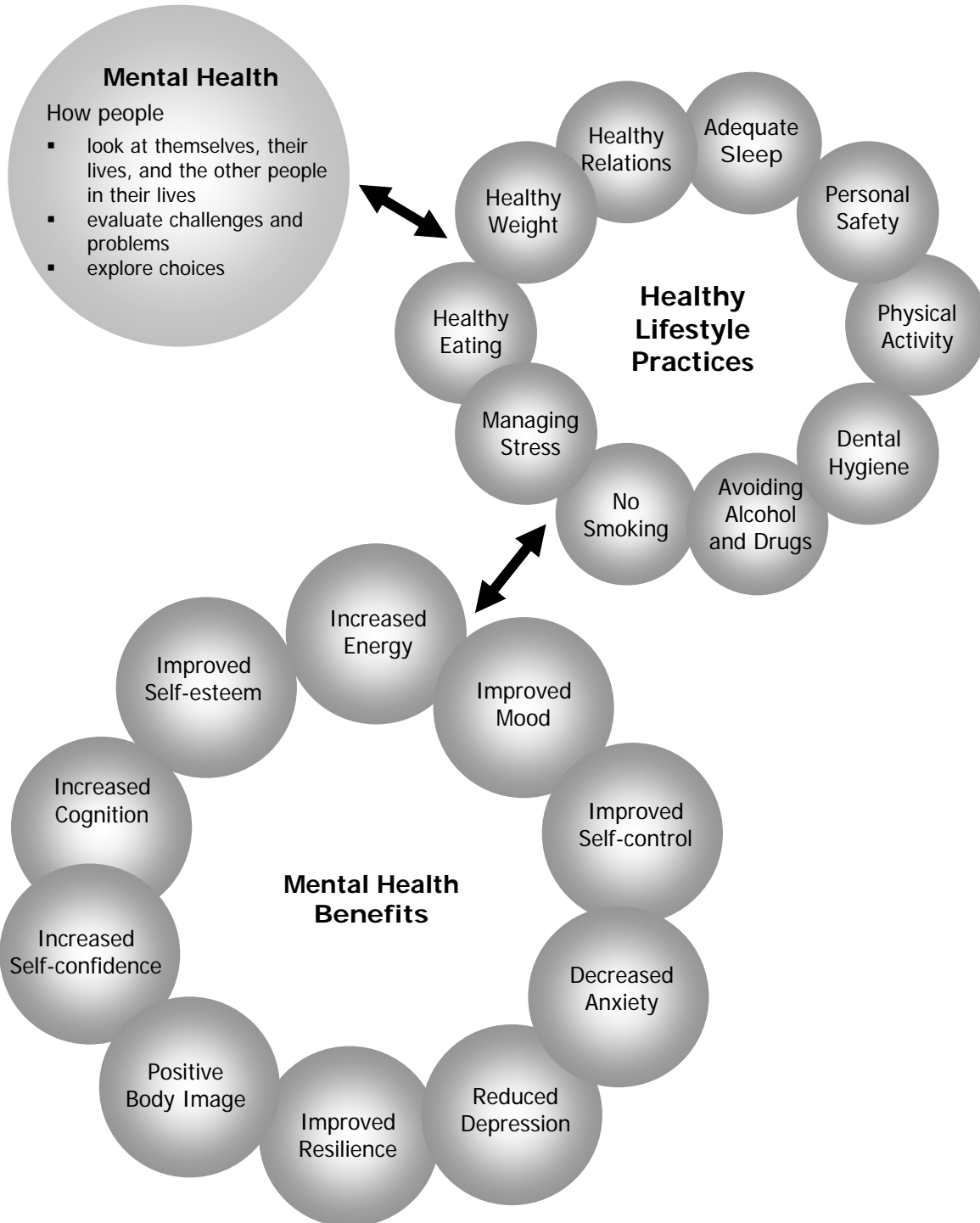
RM 1–MH: Influences on Mental-Emotional Health*



Continued

* Source: Adapted, with permission, from D. C. Nieman, 1998, *The Exercise-Health Connection*, (Champaign, IL: Human Kinetics), 5.

RM 1–MH: Influences on Mental-Emotional Health* (Continued)
(Answer Key)



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