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Nutrition and Exercise Plan for College Students

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NUTRITION AND EXERCISE FOR COLLEGE STUDENTS

RACHEL WALNY

HONORS PROJECT

Submitted to the Honors College at
Bowling Green State University in partial
fulfillment of the requirements for graduation with

UNIVERSITY HONORS

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This project is formatted as a website. It can be located at the following web address:

<https://rwalny.wixsite.com/healthycollegelife>