

**MENTAL & PHYSICAL HEALTH (GREATEST HITS BOOK  
6)**

**Graeme Beek**

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Parentingdifficultiescanresultinchildrenexperiencingabuse,inpartii contradictory expectations from their parents or carers. So, if you were to compare the heart rate fluctuations of someone walking up a mixture of steep hills and then add in variations of walking speeds, styles of walking such as lunging, striding, side cross overs.