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~~Routine~~ BIOHACKING AT UPGRADE LABS plus New Plants
and Grocery Haul | Day In The Life VLOG **Fitness And Wellness**
Corbin Edition

William R. Corbin is a recognized expert in health and wellness. He is well published in the areas of behavioral medicine and addictive behaviors, with expertise in high-risk behaviors. He received his PhD in Clinical Psychology from the University of Georgia and completed his residency training at the Medical University of South Carolina.

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Dr. Charles B. Chuck Corbin is Professor Emeritus in the Department of Exercise and Wellness at Arizona State University. He has published more than 200 journal articles and is the senior author, sole author, contributor to, or editor of more than 70 books including Concepts of Physical Fitness (14th ed.), winner of the McGuffey Award (TAA); Concepts of Fitness and Wellness (7th ed)
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