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eğitimi kişilerin sağlıklı bir yaşam sürdürmelerini sağlamak için verilen eğitimidir bu eğitimler kişisel eğitmenlerin kişilerin fiziksel veya sağlık hedeflerine ulaşmalarına yardımcı olmaları için gerekli bilgi ve becerileri kazanmalarını sağlar eğitimler