



## Coffee Break Collection 17: Health and Fitness

Total running time: 01:41:10

This is the seventeenth collection of our "coffee break" series, involving public domain works that are between about 3 and 15 minutes in length. These are great for study breaks, commutes, workouts, or anytime you'd like to hear a whole story and only have a few minutes to devote to listening. The theme for this collection is "Health and Fitness". Opinions on this subject, including physical activity, nutrition and sport, have changed drastically over the years. LibriVox readers have chosen selections on subjects ranging from judo and walking to advice for the nutrition and education of children.

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