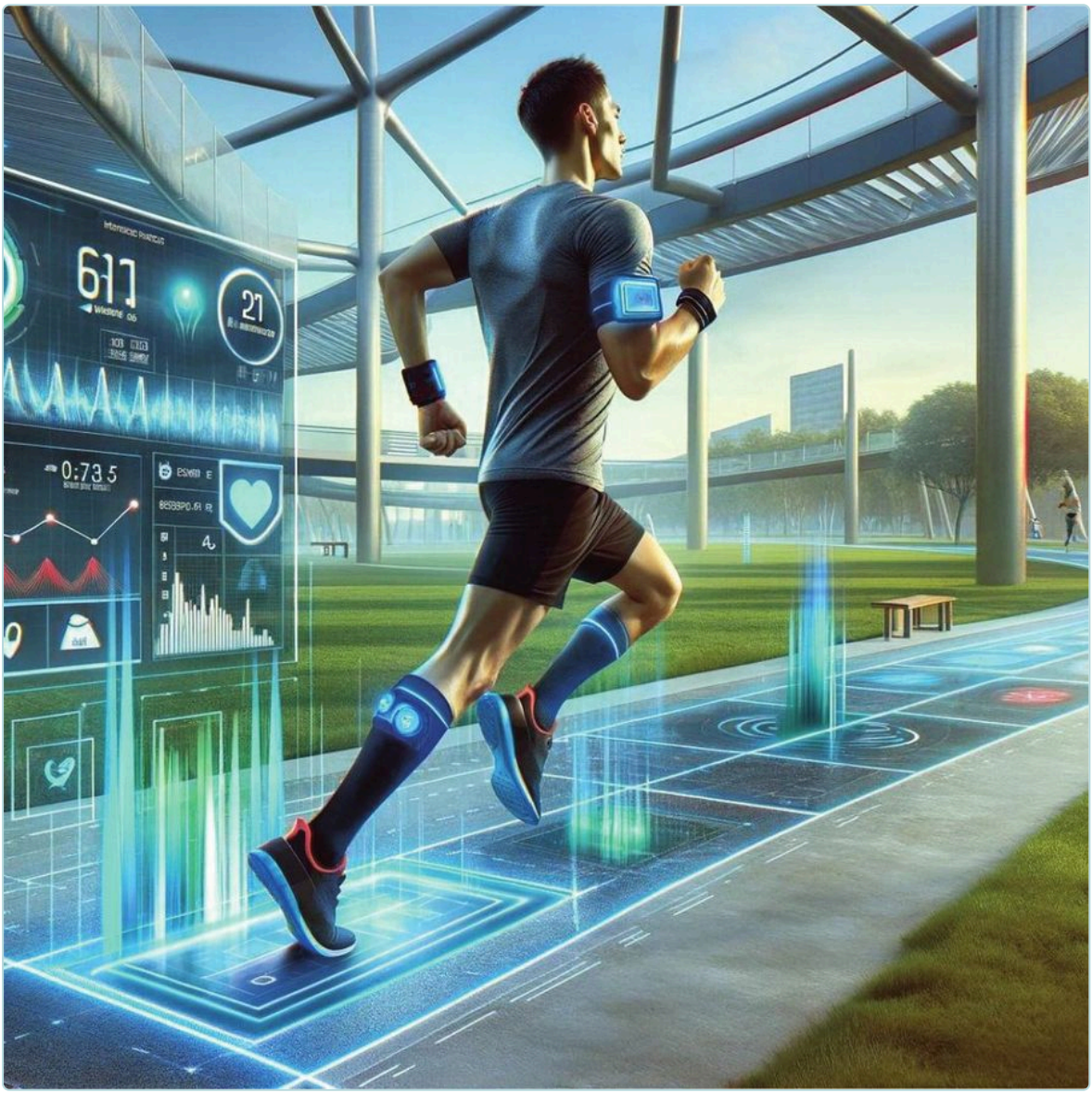
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The Future of Fitness

BEFORE YOU LOOK

1. What advancements or innovations do you think will shape the future of fitness?
2. How might technology be integrated into the fitness routines depicted in the image?
3. What changes in fitness culture or practices do you envision for the future?



This image showcases an athlete running through a high-tech park, outfitted with advanced wearable devices that monitor real-time health stats. The scene emphasizes the seamless integration of technology and physical activity, as the athlete's biometric sensors display vital data like heart rate, calories burned, and distance traveled. The modern park setting underscores a future where technology enhances every aspect of personal fitness and health.