

Make a power point presentation on Google slides including the following information and share it with me.

Minimum of 4 slides:

What is aerobic fitness?

Tell me about 4 different types of aerobic fitness.

- What are they?
- What are the benefits of each?

What is anaerobic fitness?

Tell me 2 different types of anaerobic fitness:

- What are they?
- What are the benefits?
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