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aug 26 2023 exercise can help prevent excess weight gain or help you keep off lost weight when you take part in physical activity you burn calories the more intense the activity the more calories you

Jul 26 2023 Moderate aerobic exercise includes activities such as brisk walking, biking, swimming, and mowing the lawn. Vigorous aerobic exercise includes activities such as running, swimming laps.

mar 29 2024 learn about stretching flexibility aerobic exercise strength training and sports nutrition

dec 5 2023 it's easy to say that you'll exercise every day but you'll need a plan as you design your fitness program. Keep these points in mind: think about your fitness goals, are you starting a fitness

exercise also can improve your sleep which is often disturbed by stress depression and anxiety all these exercise benefits can ease your stress levels and help you better manage your body and your life

mar 29 2024 exercise that raises your heart rate called aerobic exercise can help you live longer and be healthier aerobic exercise can lower health risks keep off extra pounds make your heart

May 8 2024 trying to lose weight or at least not gain more find out how many calories are burned by an hour walking swimming or biking

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dec 21 2023 if you exercise in the morning get up early enough to finish breakfast at least one hour before your workout be well fueled going into a workout studies suggest that eating or drinking

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