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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

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

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

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

jul 26 2023 150 75

aug 25 2023 exercise intensity is a subjective measure of how hard physical activity feels to you while you re doing it called your perceived exertion your perceived exertion may be different from what

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