

nov 18 2023 regular aerobic activity such as walking bicycling or swimming can help you live longer and healthier need motivation see how aerobic exercise affects your heart lungs and blood flow

may 8 2024 both are important diet affects weight loss more than physical activity does physical activity including exercise has a stronger effect in keeping weight from coming back after weight

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jul 26 2023 150 75

dec 23 2023 exercise helps prevent and improve many health problems including high blood pressure diabetes and arthritis research on depression anxiety and exercise shows that the

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