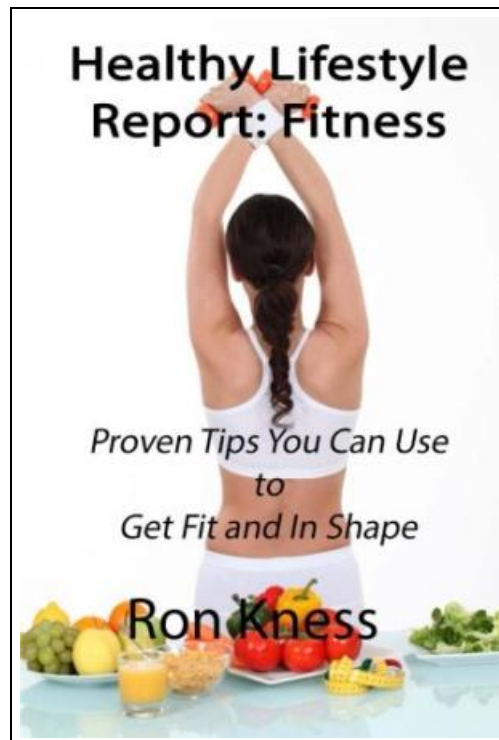


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HEALTHY LIFESTYLE REPORT: FITNESS: PROVEN TIPS YOU CAN USE TO GET FIT AND IN SHAPE (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.We all know about certain benefits of exercising - above all, that it's good for us. But this isn't always enough to get us motivated into actually doing it. If you're looking for a little inspiration to get started, here are 10 reasons why exercise can improve your life. 1) More Energy: Although exercise in itself may be tiring, one of the major benefits of exercising is the fact that it'll ultimately leave you feeling more energized. Studies have shown that regular exercise helps to reduce fatigue. 2) Increase Your Mood: Every time you exercise your body will release endorphins that help to make you feel good. Exercise really will give you a natural high! 3) Improve Your Health: There are so many health benefits of losing weight that it's impossible to list them all here! By getting fit you'll reduce the risk of diabetes, cancer, high blood pressure, stroke, heart disease and much more. 4) Improve Your Appearance: If being overweight or not being toned leaves you feeling unhappy about yourself then losing weight can help you to look and feel better. 5) Play With Your Kids: It takes a lot of energy to keep up with your kids. By losing weight and getting fit, you'll be able to run around with them without constantly getting out of breath. This can be one of the most rewarding benefits of exercising: it helps you to enjoy life more. 6) Sleep Better: When you exercise more you'll start to find it easier to get a good night's rest. This adds to the energy boost that you'll get from exercise in the...



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