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aug 26 2023 1 exercise controls weight 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

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

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 loss losing weight

jan 20 2026 mindfulness body scan this common mindfulness exercise helps you notice what your body is feeling a mindful body scan can lessen tension and bring a sense of calm it also can help

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