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26 aug 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

26 jul 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

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

7 may 2021 physical activity and exercise guidelines for all australians australia s physical activity and sedentary behaviour guidelines outline how much physical activity you should do the importance of

5 dec 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

5 days ago physical activity and exercise physical activity is important at any age for good physical and mental health and wellbeing find out how active you should be how to add activity into your

29 mar 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

for adults 18 to 64 years being active is essential for good mental and physical health and wellbeing it reduces the risk of many diseases including some cancers and helps maintain a healthy weight

6 jun 2023 a list of our resources including apps audio and video resources and other publications related to physical activity

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