



## Letter Requesting Exercise Equipment Donation

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off lost weight when you take part in physical activity you burn calories the more intense the

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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

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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

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

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