What are the Benefits of Exercise?

Regular physical activity has powerful health benefits.

Benefits of exercise:

- Strengthens your heart and improves blood circulation
- Lowers blood pressure
- Reduces the risk of heart disease, diabetes, and some cancers
- Builds strong bones and muscles
- Improves brain function and boosts memory
- Lifts your mood and reduces stress
- Improves sleep quality
- Supports longer, healthier living

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https://medlineplus.gov/benefitsofexercise.html

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