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physical activity is important to maintain a healthy lifestyle discover hpb's invigorating exercise programmes for all levels and unlock a more fulfilling life today

some studies indicate that exercise may increase life expectancy and the overall quality of life. 17 people who participate in moderate to high levels of physical exercise have a lower mortality rate.

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feb 21 2025 exercise is good for you but getting started can be tough this article explains how to start working out and stick to it in the long run

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dec 5 2025 exercise the training of the body to improve its function and enhance its fitness exercise is a component of physical activity a successful exercise program incorporates a number of general

sep 9 2024 this article looks at different types of exercise how to get involved and the benefits of regular physical exercise types of exercise exercise can be categorised into aerobic and strength training aerobic exercise is any form of exercise that improves your stamina these include brisk walking cycling jogging and

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