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The beneficial effect of exercise on the cardiovascular system is well documented. There is a direct correlation between physical inactivity and cardiovascular mortality, and physical inactivity is an independent risk factor for the development of coronary artery disease.

## **Exercise - Wikipedia**

Aerobic exercise (also known as cardio) is physical exercise of low to high intensity that depends primarily on the aerobic energy-generating process. "Aerobic" means "relating to, involving, or requiring free oxygen", and refers to the use of oxygen to adequately meet energy demands during exercise via aerobic metabolism. Generally, light-to-moderate intensity activities that are ...

## **Aerobic exercise - Wikipedia**

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## **The CURVY WOMAN WORKOUT - Fitness for Real Women**

Shaun T (born May 2, 1978), is an American motivational speaker, fitness trainer, fitness motivator, businessman, television personality and choreographer. He is best known for his home fitness programs for adults and children which include T25, Insanity and Hip-Hop Abs

## **Shaun T. - Simple English Wikipedia, the free encyclopedia**

Welcome to the 3-Month Bodyweight Extreme Workout Program! When we first created this program, it was a long process of research, trial-and-error, and dedication.

## **The 3 Month Extreme Bodyweight Program**

The Benefits of Strength Training An effective program can benefit your body in the following areas: In general, resistance training lowers mortality rates at all ages from all causes.

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