

Plag Patrol

By Team Algorithm Avengers

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The benefits of exercise for physical and mental health are well-

Found on :

<https://jamanetwork.com/journals/jamapediatrics/fullarticle/2791546>

established.

Found on :

<https://www.thesaurus.com/browse/established>

Regular physical activity helps to reduce the risk of chronic diseases such as heart disease, diabetes, and certain types of cancer.

Exercise can also improve mental health by reducing symptoms of anxiety and depression.

Found on :

<http://ceptpractice.blogspot.com/>

In addition, regular exercise can improve cognitive function and memory, which can be particularly beneficial for older adults.

According to the Centers for Disease Control and Prevention, adults should aim for at least 150 minutes of moderate-

Found on :

<https://www.brewerpt.com/2023/02/28/get-moving-tips-and-tricks-for-staying-active-at-a-sedentary-desk-job/>

intensity exercise per week.

Found on :

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0111489>

The COVID-

Found on :

https://en.wikipedia.org/wiki/COVID-19_pandemic

19 pandemic has had a significant impact on the global economy.

Found on :

<https://www.geraldedelman.com/insights/m-a-in-the-post-pandemic-era-predictions-for-the-future/>

Many businesses have had to close their doors or shift to remote work, leading to widespread job losses and financial insecurity. In addition, the pandemic has highlighted existing inequalities, with marginalized communities and low-

income workers disproportionately affected.

Found on :

https://www.langerresearch.com/?smd_process_download=1&download_id=5791

The global vaccination effort has provided hope for a return to some semblance of normalcy, but the long-term economic effects of the pandemic remain uncertain.

References

- <https://www.geraldedelman.com/insights/m-a-in-the-post-pandemic-era-predictions-for-the-future/>
- <https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0111489>
- <http://ceptpractice.blogspot.com/>
- <https://www.thesaurus.com/browse/established>
- https://en.wikipedia.org/wiki/COVID-19_pandemic
- <https://jamanetwork.com/journals/jamapediatrics/fullarticle/2791546>
- <https://www.brewerpt.com/2023/02/28/get-moving-tips-and-tricks-for-staying-active-at-a-sedentary-desk-job/>
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