

HOW DO YOU FEEL?

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Mm lazy, but maybe I could walk

More energetic than ever, I could run a marathon!!!

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WE CAN WORK WITH THAT!!

Would you rather..

Run up 3 flights of stairs..

Do 10 squats

Give me 5 push ups

DO YOU KNOW WHAT SQUATS HELP YOU WITH?

Tonig your muscle all over your body

Improved posture and increases muscle in legs

gives form to your bottom and your abs

More details for you..

Facts

Different methods of exercise

Photo gallery

Top gyms in your city

Facts

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Choose a daily routine

1. Exercise Boosts Brainpower
- Improved productivity not only makes you a better worker, it makes things better for everyone in the workplace. Companies with less wasted work hours and less sick time end up with lower health care costs.
2. Movement Melts Away Stress
- You're not the only person who will benefit from more happiness and less stress in your life. When you're less stressed, you're less irritable.

More..