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An exercise overview for beginners or people who want to expand their knowledge about exercise programming. Exercise Basics to (Re) Start Your Fitness gives you the knowledge you need to undertake a program that includes the three components of fitness: cardio, strength, and flexibility. It teaches

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15 Tips to Restart the Exercise Habit (and How to Keep It)

But exercise can be a great way to relieve stress, releasing endorphin which will improve your mood. The next time you feel stressed or tired, try doing an exercise you enjoy. When stress relief is linked to exercise, it is easy to regain the habit even after a leave of absence.

Fitness 101: The Absolute Beginner's Guide to Exercise

Continued Get Ready. The first step to any workout routine is to evaluate how fit you are for your chosen physical activity. Whenever you begin an exercise program, it's wise to consult a doctor.

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