

# exercise 25 review sheet

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## **Exercise: 7 benefits of regular physical activity - Mayo Clinic**

Exercise can help prevent excess weight gain or help you keep off lost weight. When you take part in physical activity, you burn calories. The more intense the activity, the more calories you burn. Regular trips to the gym are great, but don't worry if you can't find a large chunk of time to exercise every day. Any amount of activity is better than none. To gain the benefits of exercise, just ...

## **Exercise: How much do I need every day? - Mayo Clinic**

Moderate aerobic exercise includes activities such as brisk walking, biking, swimming and mowing the lawn. Vigorous aerobic exercise includes activities such as running, swimming laps, heavy yard work and aerobic dancing. You can do strength training by using weight machines or weights, your own body weight, heavy bags or resistance bands.

## **Fitness basics - Mayo Clinic**

Learn about stretching, flexibility, aerobic exercise, strength training and sports nutrition.

## **Fitness program: 5 steps to get started - Mayo Clinic**

It's easy to say that you'll exercise every day. But you'll need a plan. As you design your fitness program, keep these points in mind: Think about your fitness goals. Are you starting a fitness program to help lose weight? Or do you have another reason, such as training for a marathon? Having clear goals can help you measure your progress and stay motivated. Make a balanced routine. Get at ...

## **Exercise and stress: Get moving to manage stress - Mayo Clinic**

Exercise also can improve your sleep, which is often disturbed by stress, depression and anxiety. All these exercise benefits can ease your stress levels and help you better manage your body and your life.

## **Fitness Aerobic exercise - Mayo Clinic**

Exercise that raises your heart rate, called aerobic exercise, can help you live longer and be healthier. Aerobic exercise can lower health risks, keep off extra pounds, make your heart stronger and lift your mood. It also can lower the risk of death from all causes. Guidelines recommend that ...

## **Exercise for weight loss: Calories burned in 1 hour - Mayo**

