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# exercise

Cruising Review

Exercise: Publications and Research from SwissMixIt



This webpage QR code

## Structured Data

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Exercise is any activity for the body which enhances or maintains physical fitness and overall health and wellness. There are numerous benefits to exercise including enhancing strength, endurance, developing muscles and the cardiovascular system. Additional benefits include weight loss (burning calories), preventing cancer, decreasing or preventing depression, and increasing quality of sleep.

PDF Version of the webpage (first pages)

<https://cruisingreview.com/smx/exercise.html>

## Exercise Botanical Information

Exercise is any activity for the body which enhances or maintains physical fitness and overall health and wellness. There are numerous benefits to exercise including enhancing strength, endurance, developing muscles and the cardiovascular system. Additional benefits include weight loss (burning calories), preventing cancer, decreasing or preventing depression, and increasing quality of sleep. exercise training, nutraceuticals, flavonoids intake, aging, antioxidant supplementation, Exercise-Induced, Oxidative Stress, Reactive Oxygen Species, Vitamin C, Vitamin E, Glutathione, Antioxidant, Mineral

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