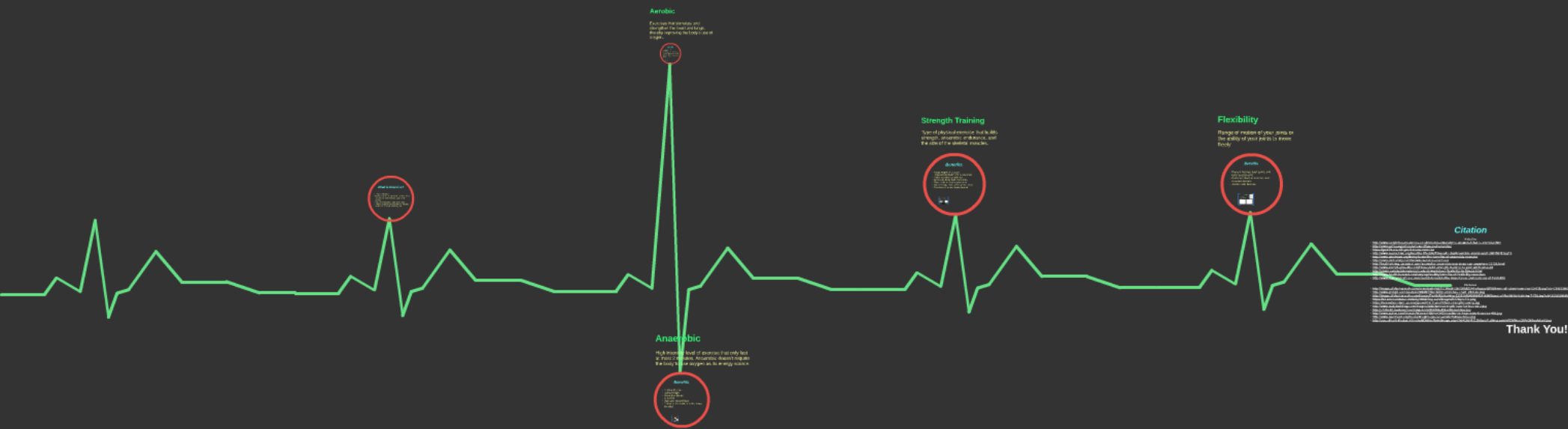


Exercise 2 Solution

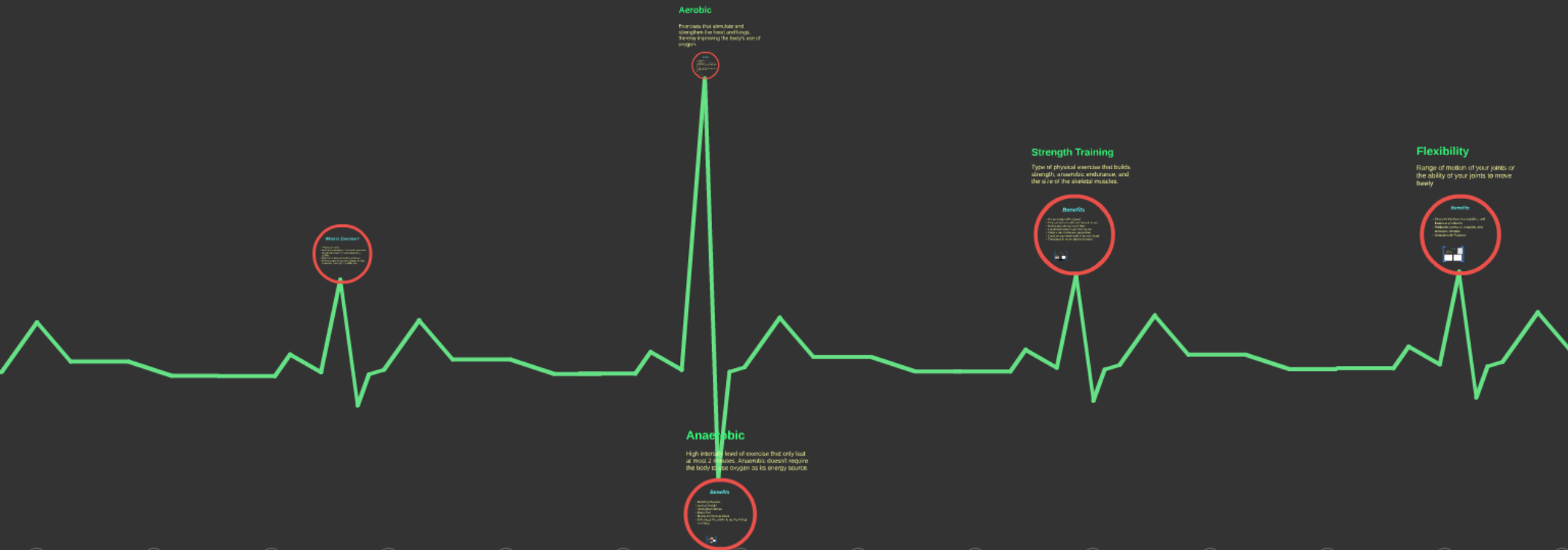
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Thank You!

Exercise 2 Solution

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What is Exercise?

- Physical Activity
- Any type of movement that works your body at a greater level than your usual daily activity.
- Maintain or improve health and fitness
- Different types of exercise include, Aerobic, Anaerobic, Strength, Flexibility, etc.

Aerobic

Exercises that stimulate and strengthen the heart and lungs, thereby improving the body's use of oxygen.

Benefits

- Help lose weight or keep it off
- Increase Stamina
- Reduce Fatigue
- Increase immune system making you less likely to get colds or the flu, etc.
- Reduce risk of obesity, heart disease, high blood pressure, type 2 diabetes, metabolic syndrome, stroke, and certain cancers
- Manage Chronic conditions
- Strengthen the heart: allows blood to pump more efficiently which will improve blood flow
- Live longer
- Etc.

