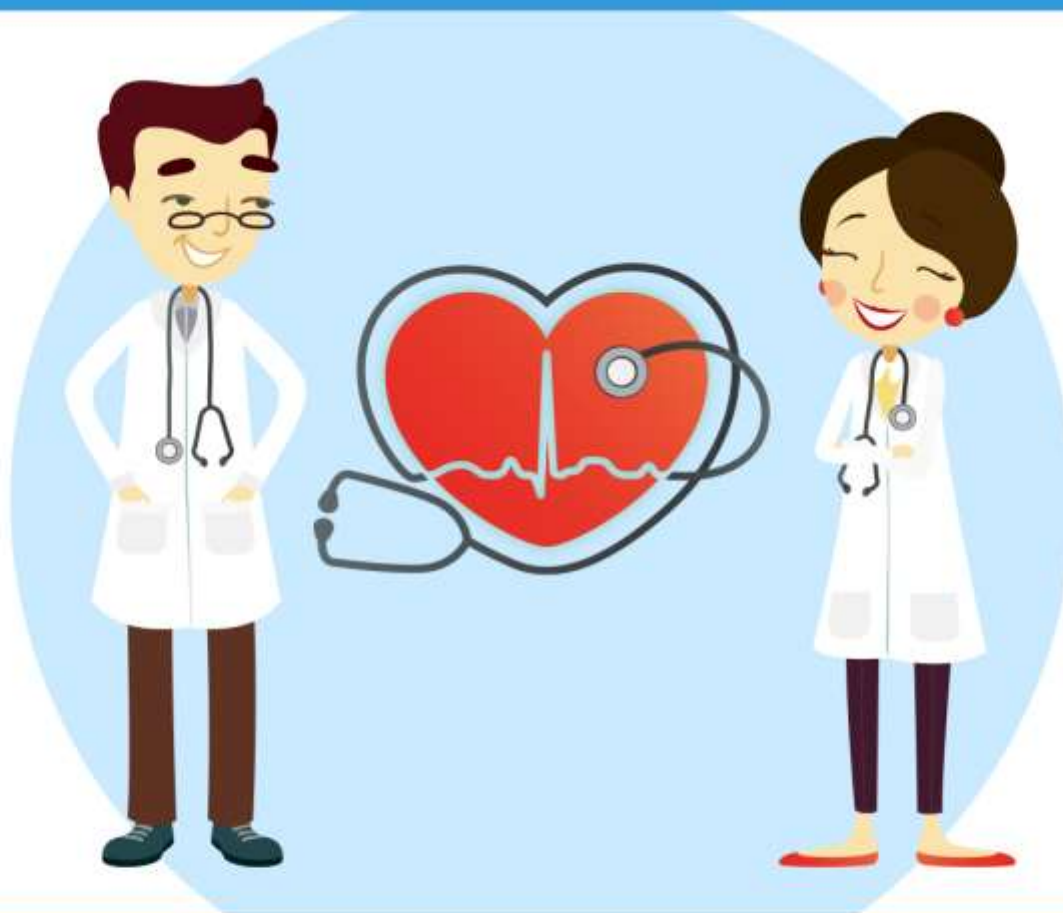


WHOLE HEALTH



INTRODUCTION TO YOUR OVERALL HEALTH
FOR YOU AND YOUR LOVED ONES

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Foreword

Engaging ourselves in physical activities is very important regardless of our age and status in life. This is because staying healthy doesn't need a requirement to be able to start. Exercising daily will help us improve our overall health and reduce the risk of any illness. There are few notable benefits if you engage in physical exercise. To name a few, here's the list.

1. It can increase the strength of both bones and muscles
2. It can reduce body mass, keeping it lean and healthy while eliminating body fat.
3. It improves mental health.
4. It can significantly reduce the feeling of anxiety, stress and depression.
5. It supports holistic approach to achieving overall health.



Whole Health

Introduction To Your Overall Health For You And Your Loved Ones

Chapter 1:

Introduction

Further added benefits can be gained if you engage in a more vigorous type of exercise routine. Studies show that people who exercise daily for longer periods of time, utilizing additional dynamic physical exercises, will likely have more health benefits compared to those who exercise less.

