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learn how each pillar of wellness contributes to overall health and how to create a balanced approach for a happier healthier you

are you getting the most out of your workouts discover 6 ways to exercise intensity to ensure you re in your training zone

when you do a workout there s a lot going on behind the scenes read on and discover six types of hormones that a workout affects and why

which countries and parts of the world exercise the most and which are most sedentary the physical activity results may surprise you

lactic acid might not be the enemy you think it is learn why and discover science backed strategies to conquer fatigue

the origin of the concept of state of the art took place in the beginning of the twentieth century the earliest use of the term state of the art documented by the

this article discusses the three different energy systems your muscles use to fuel exercise along with the types of exercise to target each

discover the top 5 all time favorite thanksgiving dinner foods from roast turkey to pumpkin pie and celebrate the holiday

feb 24 2012 foods have a certain number of calories but it may be different than what s on the label find out more about absorption and free calories

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