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the small things you can do daily help you stay fit and healthy accept that you re a work in progress and use these 14 tips as a guide to stay in good health

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to keep yourself fit and beautifully healthy aim to get at least 30 minutes of physical activity every day alternate between activities you enjoy like swimming biking or jogging in the park so you ll be more likely to stick to it

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staying fit is a great way to improve your mood and overall health many people struggle with staying fit over time but the benefits of fitness definitely outweigh the costs with some commitment and motivation you can maintain your physical fitness for years to come

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we know that staying active is one of the best ways to keep our bodies healthy but did you know it can also improve your overall well being and quality of life here are just a few of the ways physical activity can help you feel better look better and live better

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