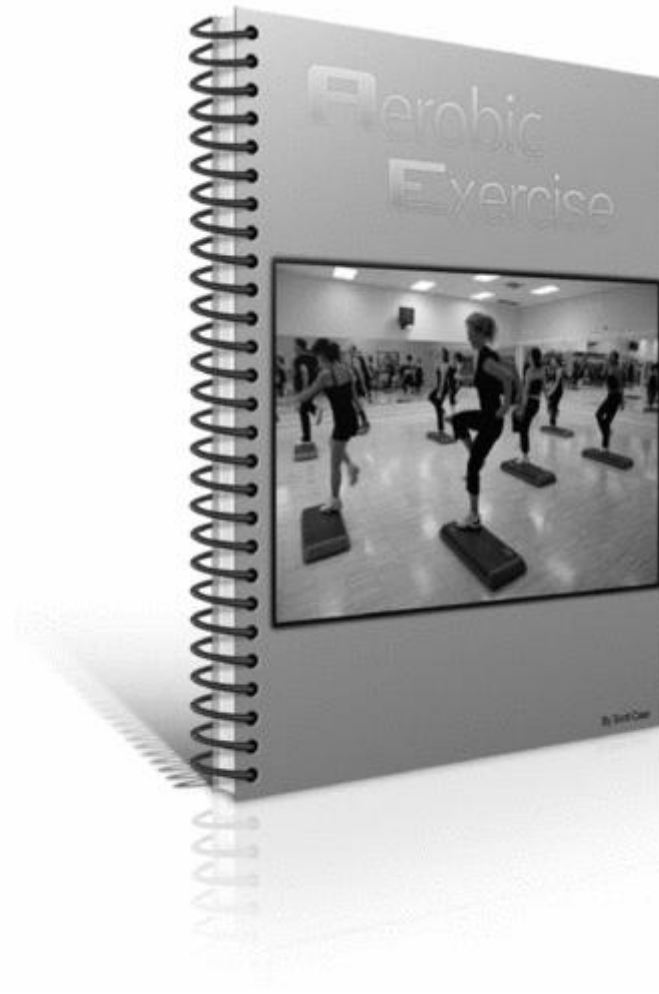


# Aerobic Fitness



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We are always reminded that exercise could do wonders for the body. Aerobics, a kind of exercise which helps your body use more oxygen while maintaining your target heart range, can definitely help a person live longer and healthier. There are studies showing that 30 minutes of aerobics every day would benefit the body a lot.

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