

Nutrients

[HED101] Which of these can be improved through good exercise  
Mental health

[HED101] Lack of sufficient sleep develops into sleep  
Debt

[HED101] For the best development of muscles, the body needs regular  
Exercise

[HED101] Which of these can be classified as social and emotional value of exercise  
Tolerance

[HED101] Increased oxygen inhalation is possible through good  
Exercise

[HED101] For body rejevunation, you need good  
Sleep

[HED101] Exercise increases the heart beat which strengthens heart  
Muscles

[HED101] Excess fat or cholesterol in the body can result into  
Cardiac Diseases

[HED101] Excess lactic acid in the kidney can be improved through good  
Exercise

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