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Feb 11, 2025 · Check out the 10 exercises you can do for ultimate fitness. Combine them into a routine for a workout that's simple but powerful and sure to keep you in shape for the rest of your life. 1.... May 29, 2025 · A consistent exercise routine can help you live longer, grow stronger, feel happier and sleep better while protecting your body from disease and illness. Does Your Workout Really Work? Done right, these seven exercises give you results that you can see and feel. You can do them at a gym or at home. Watch the form shown by the trainer in the... Jul 26, 2023 · One set of each exercise is enough for health and fitness benefits. Use a weight or resistance level heavy enough to tire your muscles after about 12 to 15 repetitions.

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[The 20 best cardio exercises to do at home - Medical News Today](#)

[Roanoke - Carilion Wellness](#)

### **7 Most Effective Exercises - WebMD**

**Importance of Exercise: Benefits & Recommended Types - Harvard Health**

**Roanoke, VA (Colonial Ave) - HOTWORX**

**Benefits of Physical Activity | Physical Activity Basics | CDC**

*Exercise: How much do I need every day? - Mayo Clinic*

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