



Exercises



Exercise for the body and mind

The best thing that we as humans can do ...is to start doing exercises to help our body and mind to be in a good healthy condition.

There is different kind of exercises for the body like ...

(Walking, fitness,dancing,arobics,running ,cycling, gyming, swimming)

All this will help us for a healthy body,strong muscles and keeping us fit.

Regular physical activity can improve our muscle strength and boost our endurance .

It will delivers oxygen and nutrients to our tissues and help cardiovascular system to work more efficiently .

Our heart and lungs health improve and we love more energy to tackle daily chores .

So come lets start to exerise for our own good and have healthy lifestyle.



By Executive Chef Diana

