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physical fitness is a state of health and well being and more specifically the ability to perform aspects of sports occupations and daily activities physical fitness is generally achieved through proper nutrition moderate vigorous physical exercise and sufficient rest along with

a formal recovery plan before the industrial revolution fitness was defined as the capacity to carry *benefits of sleeping naked according to science men s journal* Sep 05 2022 one in three adults already sleeps in the nude according to an international study by the u s national sleep

foundation they re probably just hot sleepers but what they don t know is they *study finds moderate intensity exercise is best a fitness expert* Nov 07 2022 28 10 2022 study finds moderate intensity exercise is best a fitness expert explains what that means what exactly is moderate intensity exercise by imy brighty potts