

Title:  
Aerobic Activity

Word Count:  
429

Summary:  
Do you know the difference between aerobic and anaerobic activity? It's important that we stay

Keywords:  
aerobics, fitness, exercise

Article Body:  
The term aerobic means "with oxygen." During an aerobic activity , the cardiovascular system,  
It is important to start at a low intensity and increase this over the following few weeks as  
Some of the best forms of aerobic activity are the traditional sports. If you get together and

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