

Title:

Exercises That Fight Insomnia

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499

Summary:

If you've ever spent an entire day outside running around, chasing your children or taking a h

For some people though that rule doesn't apply to them. Intense physical activity while workin

Keywords:

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Article Body:

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Keeping our bodies active is important. Not just for the obvious physical benefits but also be

Yoga is a method of exercise that people have been doing for centuries. It involves a series o

Walking is a great exercise to combat insomnia as well. With walking though timing is very imp

Another exercise that has a positive result when it comes to insomnia is swimming. Swimming at

Exercise can be a great way to naturally fight insomnia, however the success of that depends a

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