



What does no Physical Exercise Implies and what is the Effect of Sedentary Lifestyle?

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Introduction

The world is becoming increasingly sedentary, and this is a major public health concern. Sedentary behavior is defined as any waking behavior characterized by an energy expenditure ≤ 1.5 METs and while sitting, lying, or standing without any major muscle activity. The prevalence of sedentary behavior has increased significantly over the past few decades, and this is associated with a number of health problems, including obesity, cardiovascular disease, and type 2 diabetes. The purpose of this paper is to explore the implications of a sedentary lifestyle and the effects of physical exercise on health. The paper will discuss the health benefits of physical exercise and the risks of a sedentary lifestyle. It will also provide practical advice on how to increase physical activity levels and reduce sedentary behavior.

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