

# The Effect of Different Types of Exercise on Health and Fitness

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**Abstract:** *A healthy diet and exercise routine won't make one healthy in every aspect of life. Balancing social, emotional and physical life is all about optimal health. Exercise is one of the most effective and, when done properly, safest ways to enhance health and wellness. For example, exercise can strengthen the cardiovascular system, lower blood pressure, improve the levels of fats, cholesterol, and sugar in the blood, strengthen muscles, prevent falls, and improve mood. Exercise and physical activity can be fun. They give you a chance to unwind, enjoy the outdoors or simply do activities that make you happy. Fitness is Physical, emotional, intellectual, social and spiritual health as well. Nutrition.*

**Keywords:** Exercise, Nutrition, Modern Lifestyle, Pressure in Life etc