

hello

1. Noun - Plural
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1. Working out will release anti-stress hormones and relax you.
2. Working out burns _____ Noun - Plural and makes you lose weight.
3. Working out builds muscle tissue, which makes you stronger, protects your bones and helps burn body fat.
4. Working out gives you confidence to deal with people.
5. Working out gets you away from the computer, TV and other unhealthy, addictive and mind-numbing activities.
6. Working out and building a good body makes you more attractive to the opposite sex.
7. Working out increases your sex hormones, making you more sexually active and confident.
8. Working out can help you socialize and build a new network of like-minded, healthy friends.
9. Working out will help you with many illnesses and potential health problems such as high tension, blocked arteries, skin and digestive disorders.
10. Working out keeps you fit and young. Helps your posture, stamina and overall "being".