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Best Fitness Apps: Get in Shape in Just 20 Minutes a Day Everyone knows exercise releases mood-boosting

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endorphins but David Wiener, Training Specialist at fitness app, Freeletics also ... with your exercise and nutrition," explains Dalton Wong ...

12 ways menopause is secretly ageing you - from your skin to your sleep

Freeletics Body Weight (free): Don't have any exercise equipment at home? No problem. This app's exercises use only your body weight to shape up. Choose from more than 900 workouts ...

6 Apps That Will Change Your Fitness Routine
Protein is an important macronutrient that is essential for proper health and optimal nutrition. It can help build muscle,

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prevent muscle loss and even provide an assist with weight loss efforts.

These Protein-Packed Healthy Breakfasts Will Make Losing Weight So Much Easier

The Major Players Covered in this Report: Fooducate, Sleep Cycle, 8fit, Runtastic, Clue, Lifesum & Freeletics Fitness ... Diet and Nutrition & Others Detailed analysis of Global Fitness App ...

Fitness App Market is Booming Worldwide with 8fit, Runtastic, Clue We're going to walk you through everything you need to know, with the help of David Wiener, training specialist for the

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