

Running for 1 hour increases 7 hours of life

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Jogging is the simplest and most effective sport, helping to limit the risk of cardiovascular disease and cancer. And recently, experts have discovered a great effect of jogging, which is that every 1 hour of running, human life will last 7 hours and a maximum of 3 years of life. The benefits of this particular sport have never been discovered in other sports.



In addition, the study also showed that runners often have a healthy life, do not smoke, limit alcohol consumption, maintain a healthy weight.

But how good a normal person is jogging, does running with too much intensity affect health?

Of course, running does not help immortal people but can only last a maximum of 3 years. Studies have shown that long-running, intense jogging will not counteract longevity. And for the most effective, people should run 4 hours per week.

So what are we waiting for, we don't jog, live well to have a few more years of life and enjoy great things with relatives and families.

If you do not have time to jog outside the park, on the road, you can use treadmill (electric treadmill, treadmill) to practice at home, while saving time and still ensuring weakness Exercise elements, good for health.

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