

**THE POWER OF EXERCISE (WELLNESS POWER BOOKS
SERIES BOOK 2)**

Emilia Gilden

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AmazonInspireDigitalEducationalResources.HavecourageandliveinWell studies examining the effects of exercise on metabolic syndrome in children and adolescents remain limited, and it is important to refrain from extrapolating intervention effects observed in adults to youth, although one might reasonably assume the benefits in older adolescents to be similar to those in young adults.