

Video 1 - Benefits of ... Lifting Weights

<https://www.shape.com/fitness/tips/benefits-lifting-weights-strength-training>

Video 2 - Benefits of ... KettleBell Swings

<https://www.shape.com/fitness/tips/kettlebell-swing-how-to-form-benefits-muscles-worked>

Video 3 - Benefits of ... Running for beginners

<https://www.shape.com/fitness/cardio/you-dont-have-run-very-far-reap-benefits-running>

Video 4 - Benefits of...Running in cold weather

<https://www.shape.com/fitness/cardio/5-reasons-running-cold-good-you>

Video 5- Benefits of...Running for everyone

<https://www.shape.com/fitness/cardio/11-science-backed-reasons-running-really-good-you>

Video 6 - Benefits of ... Saunas vs. Steam Rooms

<https://www.shape.com/lifestyle/mind-and-body/sauna-vs-steam-room-benefits>

Video 7 - Benefits of Hula hoops

<https://www.shape.com/fitness/trends/hula-hoop-workout-benefits>

Video 8 - Benefits of ... Resistance bands

<https://www.shape.com/fitness/gear/equipment/benefits-of-resistance-bands>

Video 9 - Benefits of ... Yoga

<https://www.shape.com/fitness/workouts/benefits-yoga-no-one-told-you-about>

Video 10 - Benefits of ... Aloe Vera

<https://www.shape.com/weight-loss/food-weight-loss/ask-diet-doctor-truth-about-aloe-vera-juice>
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Video 11 - Benefits of ... Honey

<https://www.shape.com/healthy-eating/diet-tips/health-benefits-of-honey>

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Video 12 - Benefits of ... Lemon

<https://www.shape.com/healthy-eating/diet-tips/lemon-health-benefits-nutrition>

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Video 13- Benefits of ... Kombucha

<https://www.shape.com/healthy-eating/healthy-drinks/kombucha-health-benefits>

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