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Soccer - health benefits

With the World Cup playing in South Africa, millions of people around the world are watching soccer and rooting for their favorite team. On top of being a great sport to watch, soccer is also a great way to get in shape and improve your health.

Check out a few of the health benefits playing soccer can give you. If you want to read the whole article, click on the link below and learn about all the reasons why you should be playing soccer to improve your health.

Soccer can be a great workout and lots of fun. The health benefits include:

- Increases aerobic capacity and cardiovascular health
- Lowers body fat and improves muscle tone
- Builds strength, flexibility and endurance
- Increases muscle and bone strength
- Improved health due to shifts between walking, running and sprinting.

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