Laughing

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Laughing is one of the most natural and easiest exercises you can do anytime and anywhere. A cheerful person is always welcome. It makes you look good. Studies indicate that laughing is extremely good for health and emotional well being.
Benefits of Laughing

- Reduces Heart disease
- Natural pain killer
- Improves breathing
- Helps you lose weight
- Gives good sleep
- Decrease stress
- Makes you look young
- Boosts relationships

There’s NO reason not to Laugh!
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