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EXERCISE IS

**KEEP ON MOVING...60
MINUTES THROUGHOUT
THE DAY - EVERY DAY!**



AEROBIC EXERCISE

**EXERCISE FOR STRONG
MUSCLES**



**EXERCISE FOR STRONG
BONES**

**LIMIT SEATED
ACTIVITIES**



MUSCLE STRENGTHENING

EXERCISE

3 times a week

BONE STRENGTHENING

EXERCISE

3 times a week

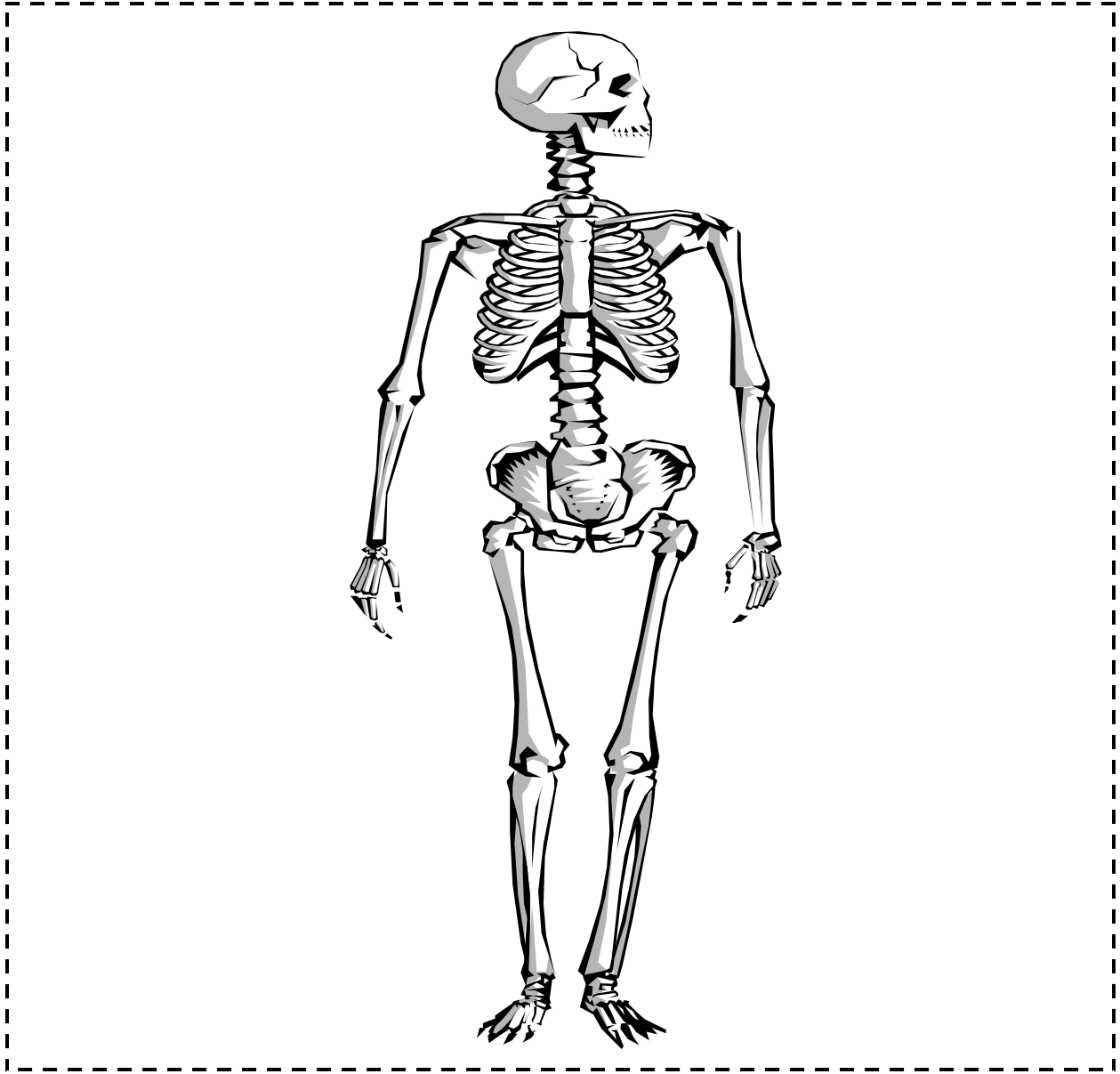


Muscles





Bones



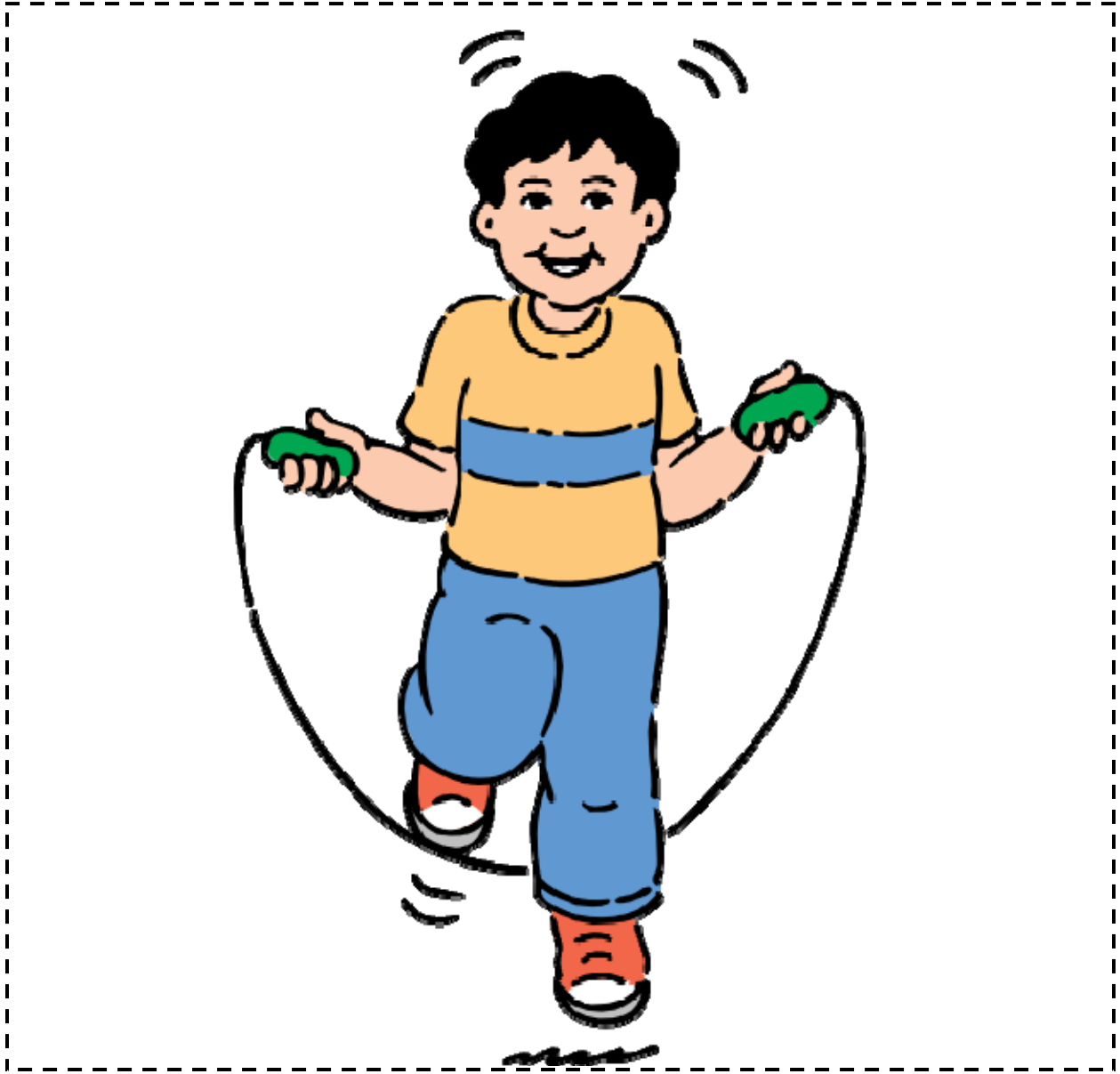


Muscle Strengthening Exercise



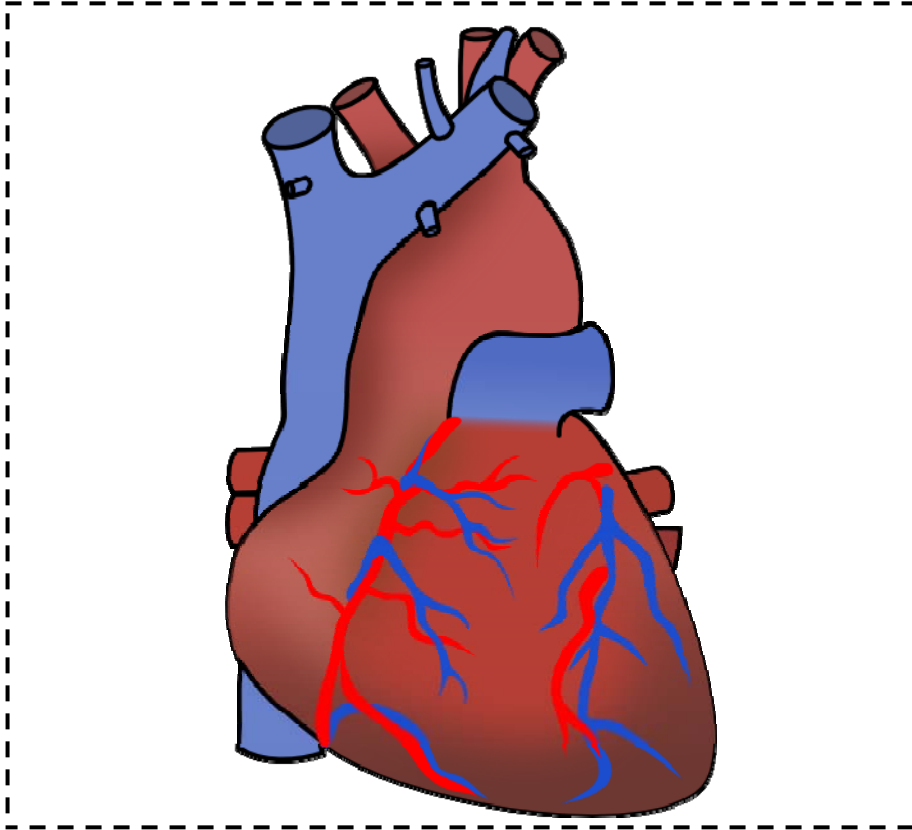


Bone Strengthening Exercise

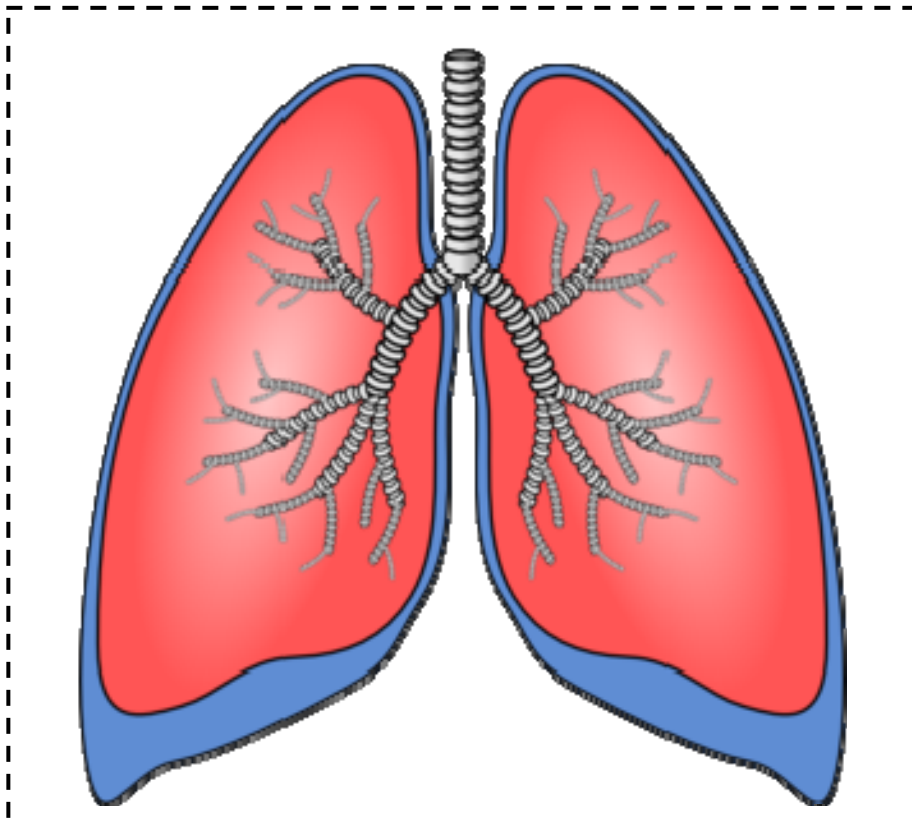




Lung

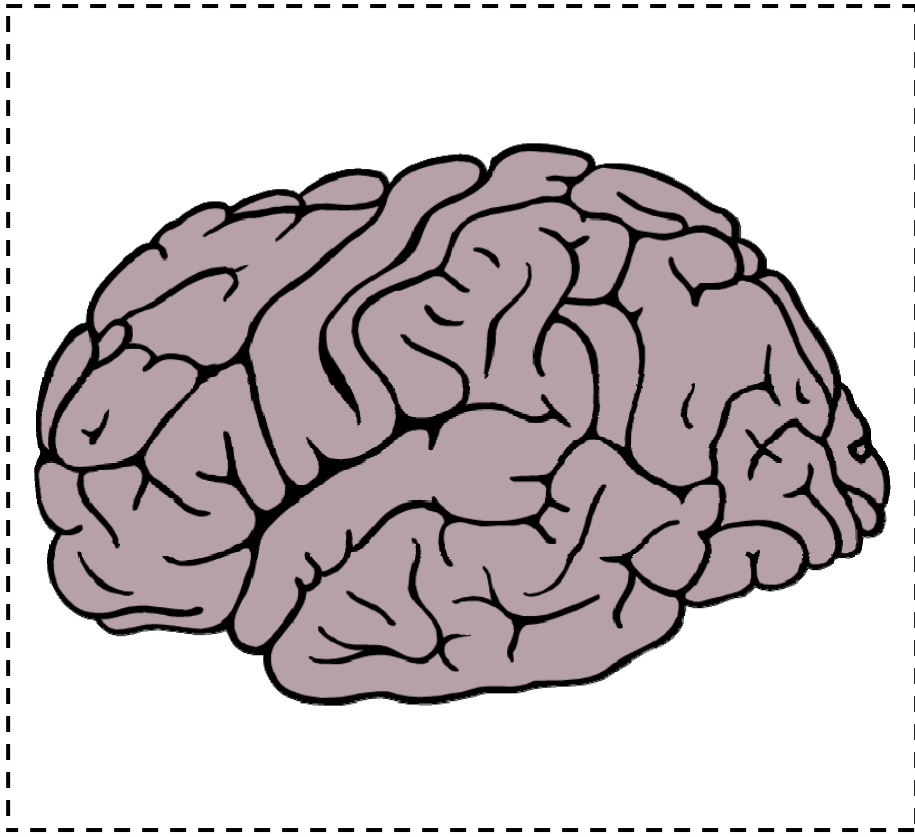


Heart



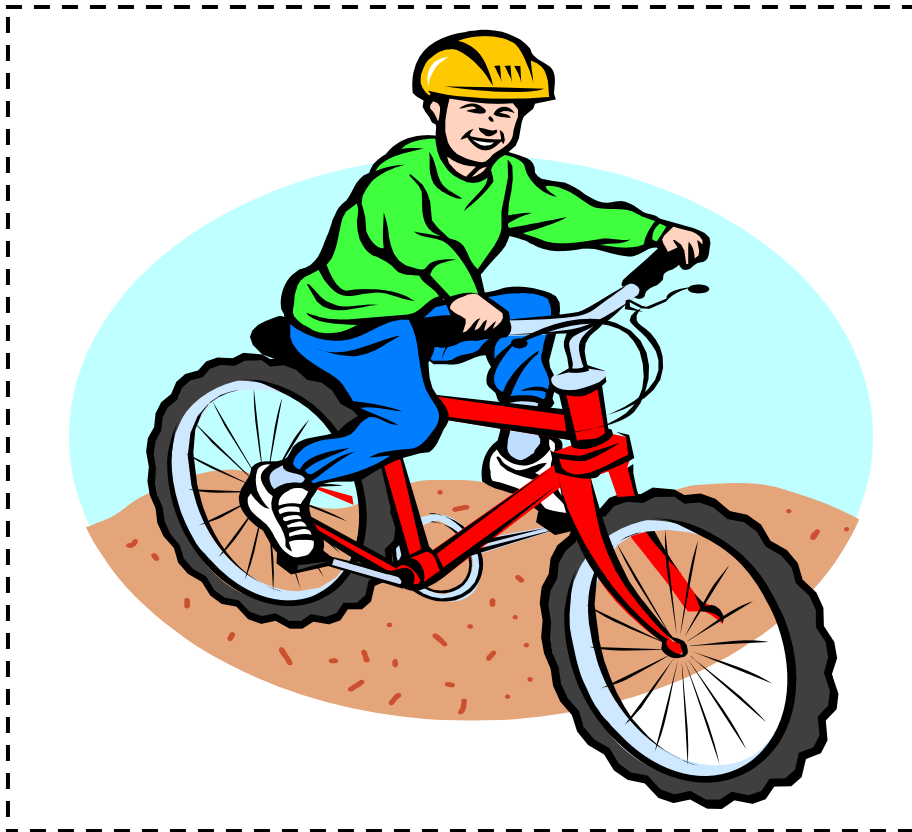


Brain





Aerobic Exercise

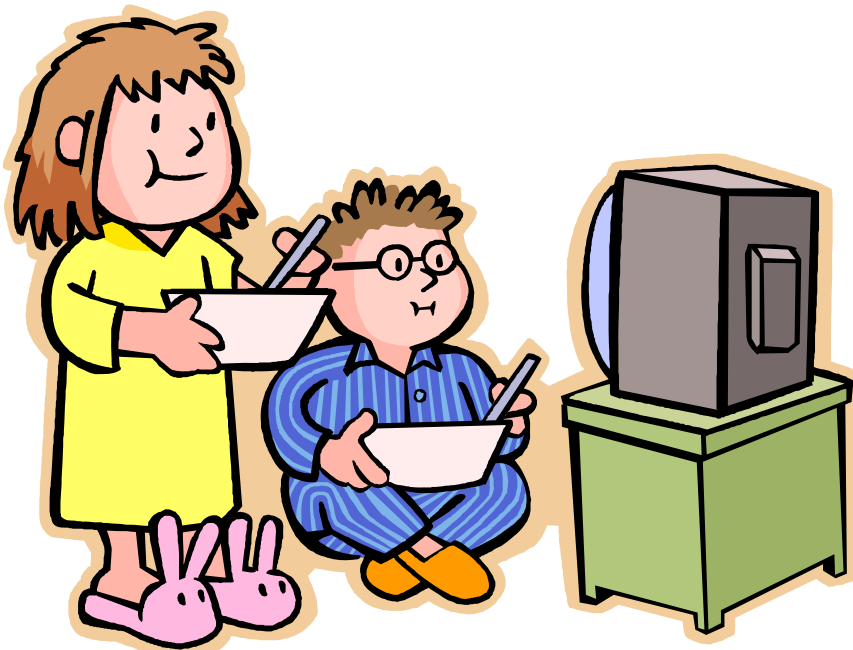




Aerobic Exercise



Limit Seated Activities





Limit Seated Activities

