



While aerobic exercises can form the base of a good weekly exercise plan, don't forget to have muscle strengthening activity on 2 or more days a week.

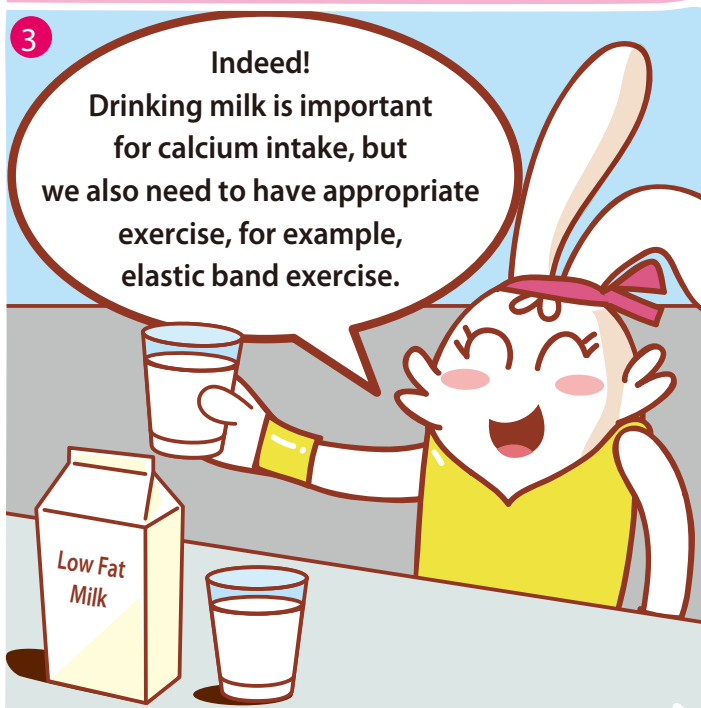
1



2



3



4



We will lose muscle and bone mass as age grows.
Remember to do muscle strengthening exercise to
build up and maintain healthy bones and muscles.
Understand?

