



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.

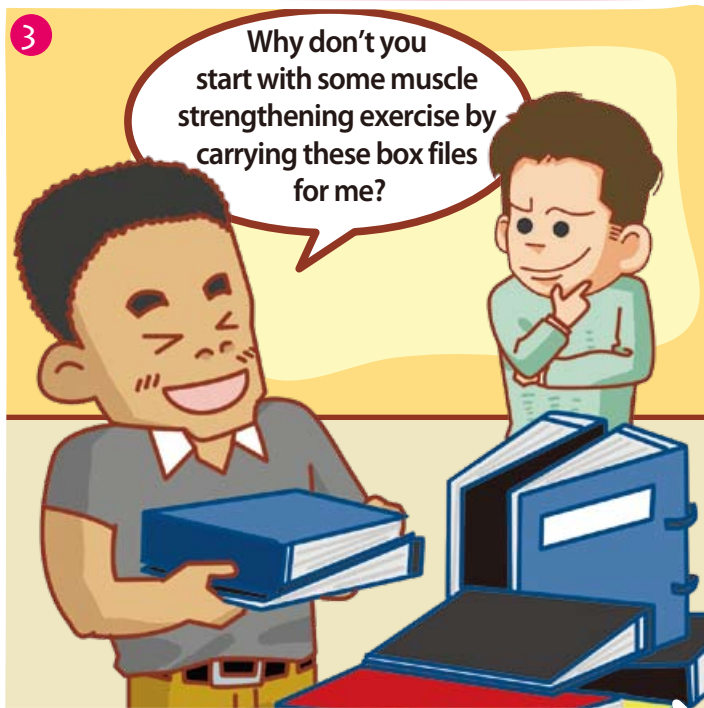
1



2



3



4



Having strong muscles and bones enables you to perform better during everyday activities or exercises.

