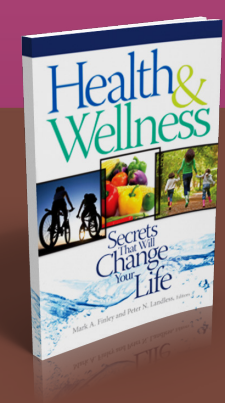
Exercise: the Anti-Aging!

Secrets of Wellness

Our bodies were created for movement. While a sedentary lifestyle increases the risk for many diseases, regular exercise is a great way to improve health and longevity. Exercise can greatly benefit you! Regular exercise augments muscular strength, improves blood circulation and increases one's level of energy. It boosts the mood and reduces depression. Taking the stairs, doing garden work or actively playing with children are ways to be physically active. But to enhance your health you should engage in regular exercise such as swimming, jogging, biking or just simply brisk walking. Walking is a very good activity to get into shape and to enjoy nature. It can be done anywhere, anytime and at any age!

You can start today!



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