

Be active every day!



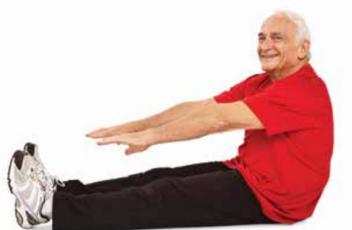
endurance



strength



balance



flexibility

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