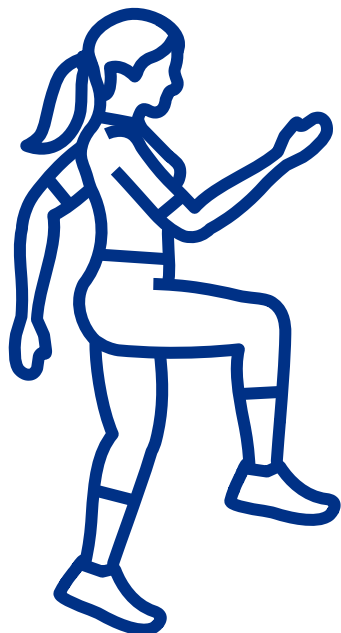


Stay Fit & Age Better with Four Types of Exercise



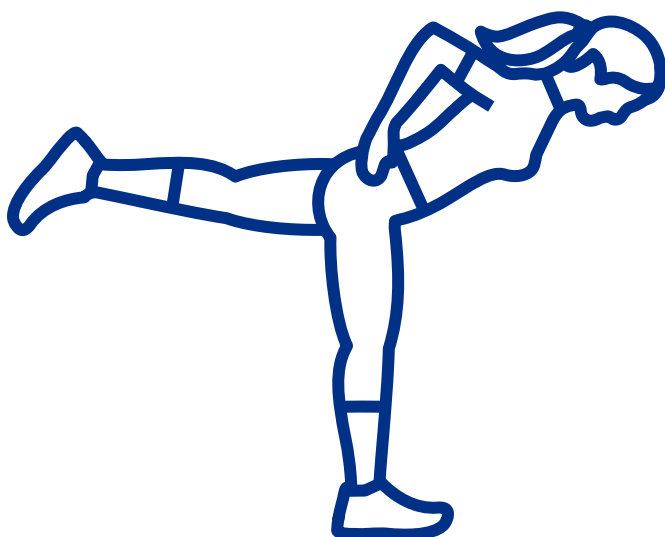
Aerobic

15 to 30 minutes
3 times a week



Strength

30 minutes
2 times a week



Balance

10 to 60 minutes
2 times a week



Stretching

15 to 20 minutes
Every workout