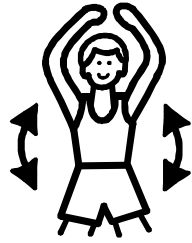
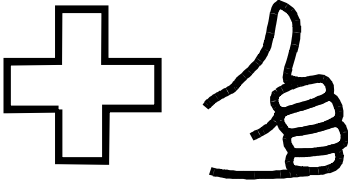


Exercise



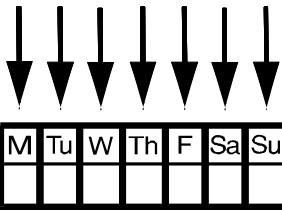
# Exercise



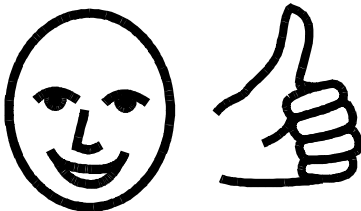
Do regular exercise to keep yourself healthy.



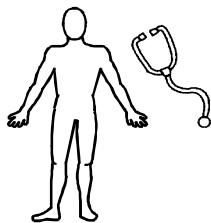
Exercise is good for your heart and your bones.



Try to exercise a little everyday.



Choose exercises that you enjoy.



Go to see your Doctor first if you are not used to doing exercise.

