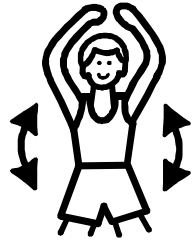
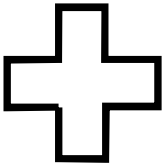


Exercise



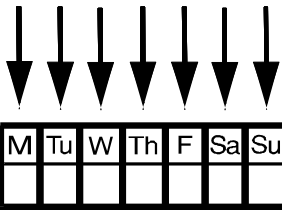
# Exercise



Do regular exercise to keep yourself healthy.



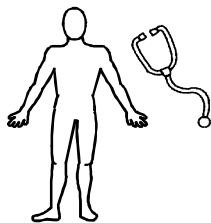
Exercise is good for your heart and your bones.



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.



Exercise



These are examples of good ways to exercise.



Gentle stretching



Walking



Swimming



Dancing



Gardening