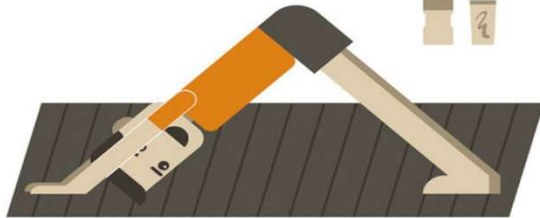


FLEXIBILITY

& BALANCE



IMPROVE
FLEXIBILITY
& BALANCE

BRAIN HEALTH TOO!

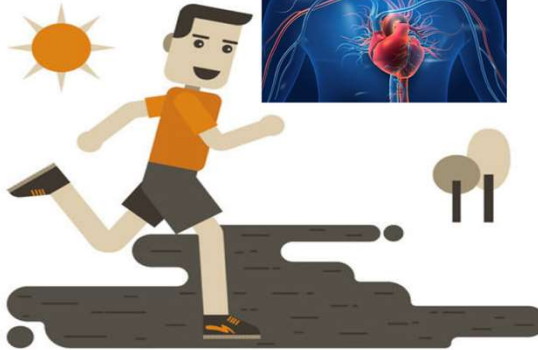


10-20 SECS
EACH STRETCH
(AIM FOR ALL
MUSCLE GROUPS)



2-3 DAYS A WEEK

AEROBIC



IMPROVE
CARDIOVASCULAR
SYSTEM

BRAIN HEALTH TOO!

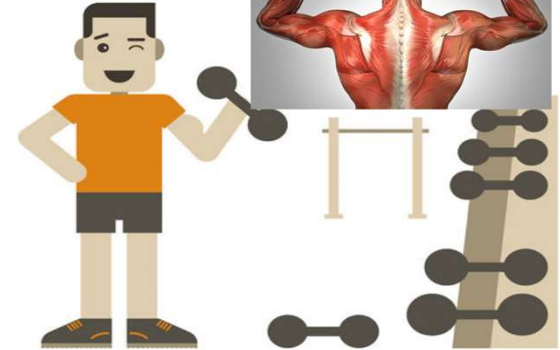


30 MINS
A DAY



3-5 DAYS A WEEK

STRENGTH



IMPROVE
MUSCLE STRENGTH
& BONE STRENGTH

BRAIN HEALTH TOO!



45 MINS
A DAY
(AIM FOR ALL
MUSCLE GROUPS)



2-3 DAYS A WEEK

**Do Each Of These Exercises (Flexibility, Aerobic, Strength)
Every Week**