

Exercise



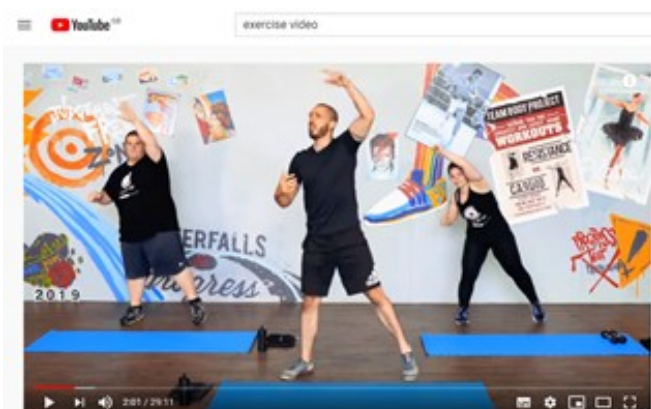
Exercise once a day.
Don't sit still for too long.



Try going for a walk.



Try dancing to your
favourite song.



Try an exercise video.
There are exercise links in this pack.