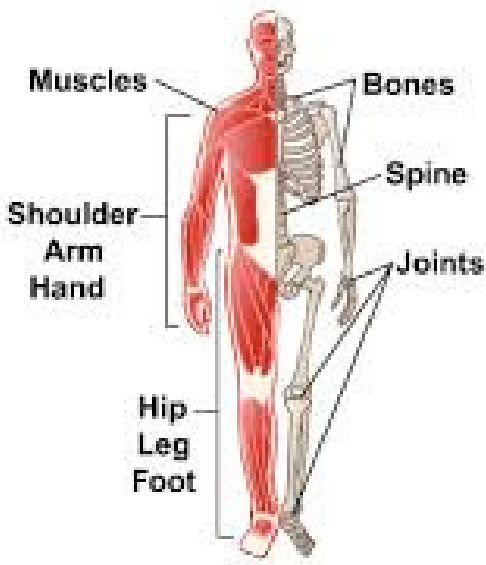


# HOW DAILY EXERCISE CAN HELP ?



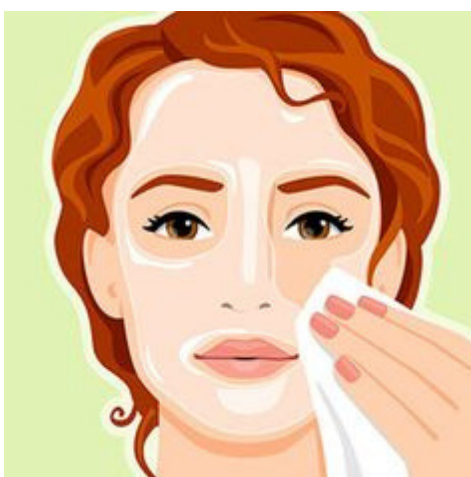
Daily exercise enhance good mood and agility

Regular exercise makes you healthy, wealthy and fit.



It Is Good for Your Muscles and Bones. Makes them stronger.

It Can Help Your Brain Health and Memory



It Can Help Skin Health

It Can Help With Weight Loss



SO EXERCISE TO KEEP HEALTH PROBLEMS AT BAY