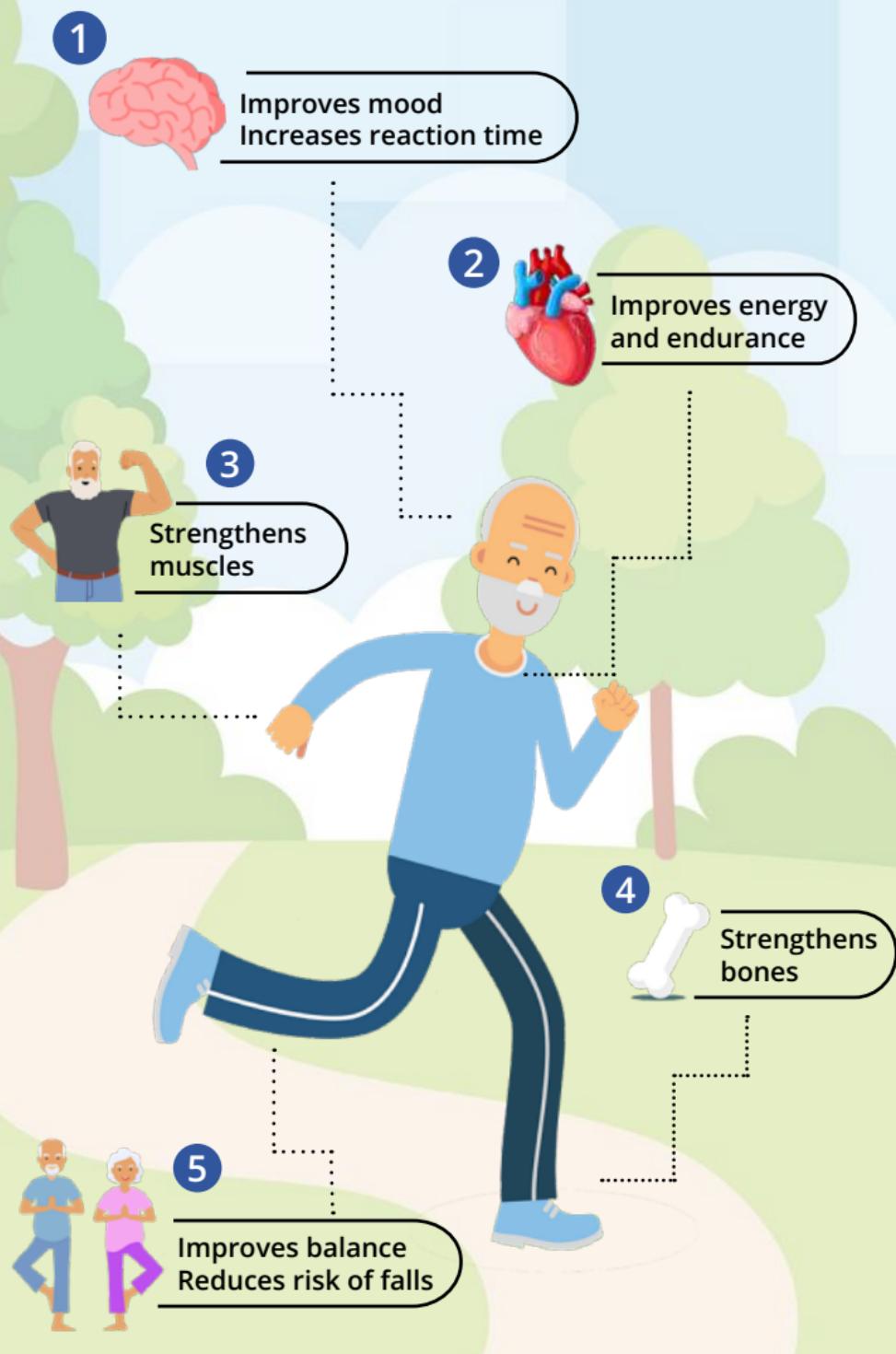


A Guide for Patients and Families

Benefits of Exercise



Why Do We Need Exercise?



MOST IMPORTANTLY

After the age of 30, the organs in our bodies will start to age. Exercise is the **ONLY** way to slow down this process!

Contributed by



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