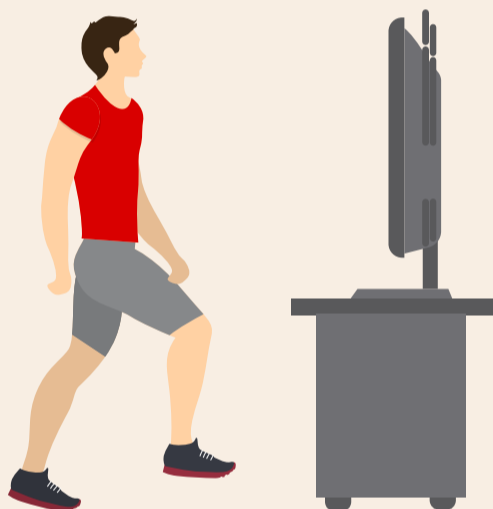




Note: Before starting on any workout, it is important to start with a 5-10 minute warm up session. Please be aware of your health condition (e.g. pre-existing injuries, existing medical conditions) and take care not to overexert yourself.

EASY WAYS TO STAY ACTIVE



Walk on the spot
30 mins



Climb stairs
15 mins



Housework
30 mins

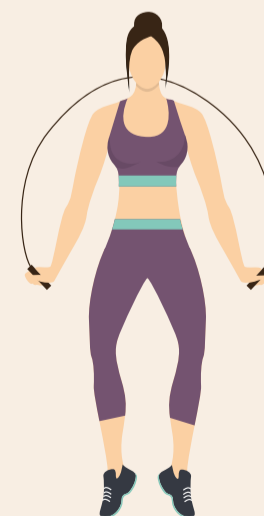
EASY CARDIO AT HOME!



Jog on the spot
30 mins



Jumping Jacks
15 mins



Skipping
15 mins

