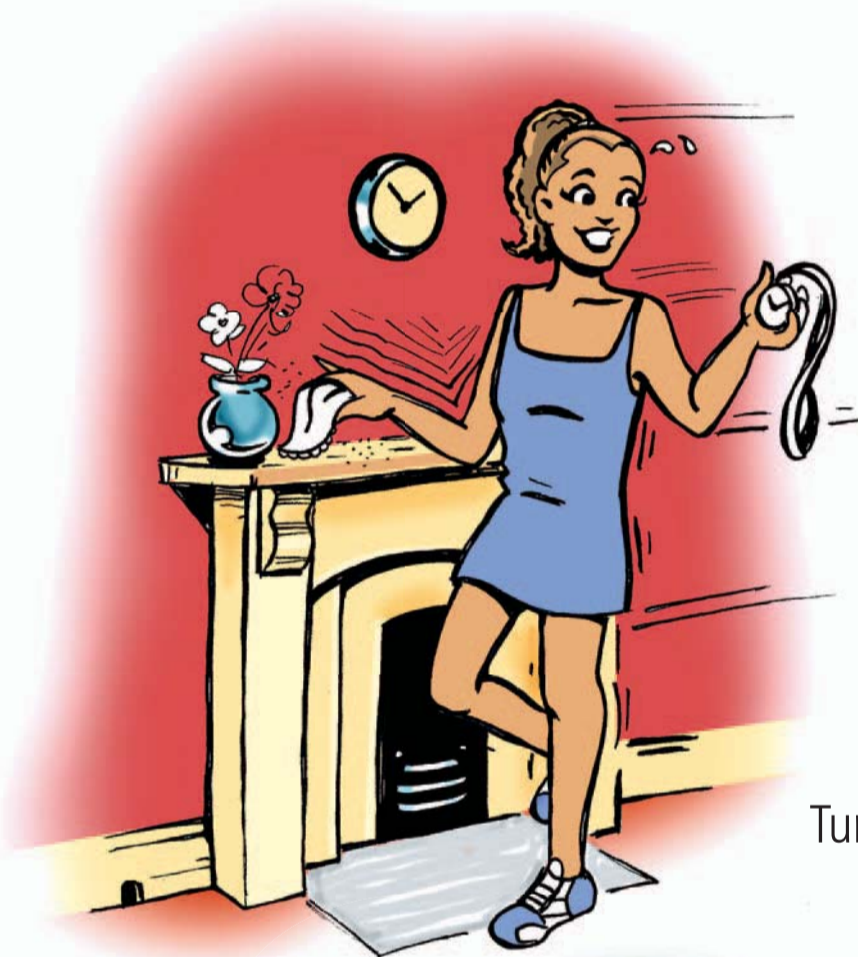


# Easy Exercise Advice

## A LITTLE A DAY, THE EASY WAY

For better health, physiotherapists recommend regular exercise



< Multi-task by combining a little exercise with your housework. Time yourself dusting a room, and when it needs to be done again try to get it done faster.

> Dancing is an effective and fun way to stay fit and help weight loss. Turn up your favourite tunes and dance around your home!



< Gardening is a great alternative exercise. Pruning, planting, digging and weeding will improve both physical and mental health.

