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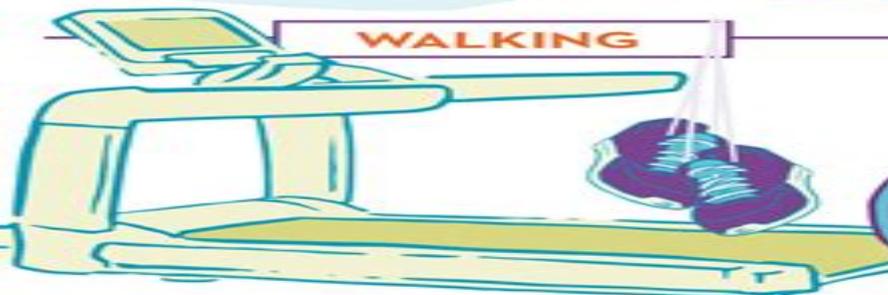
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WATER WALKING OR WATER EXERCISE



WALKING



on a treadmill or outdoors

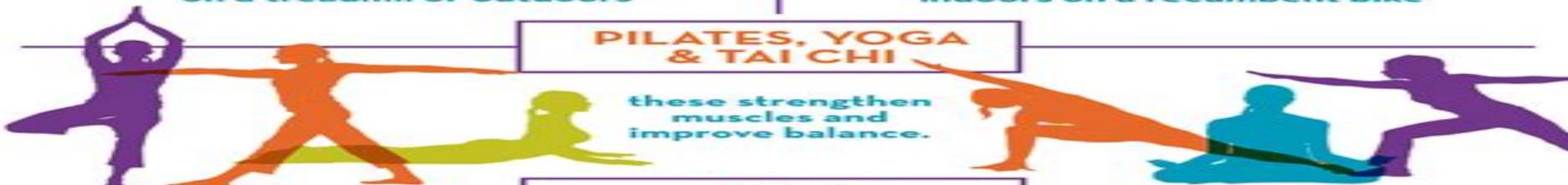
CYCLING



indoors on a recumbent bike or outdoors

PILATES, YOGA & TAI CHI

these strengthen muscles and improve balance.



SOCIAL SPORTS/ACTIVITIES

such as shuffleboard or bocce ball



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