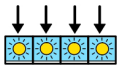




Exercise is good for you



Exercise regularly to stay healthy.



Exercise can help you to:



lose weight



feel better



have more energy



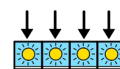
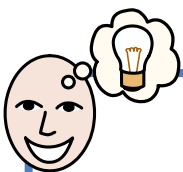
become fit



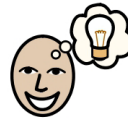
sleep better



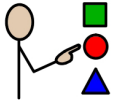
not become ill



Exercise a little every day.



Exercise ideas



Choose exercises you enjoy.



gentle exercise



walking



cycling



swimming



sport



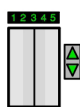
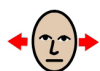
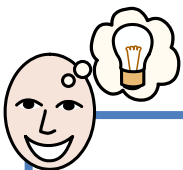
dancing



join a gym



gardening



Walk up stairs, not the lift



Walk to the shops