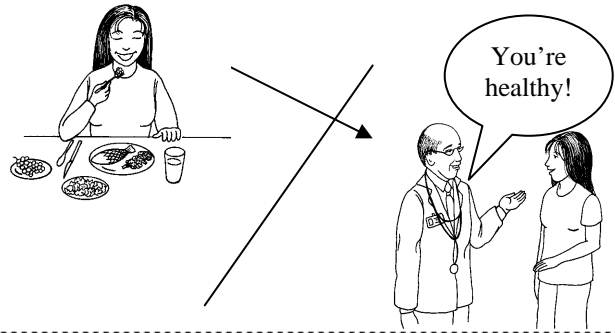
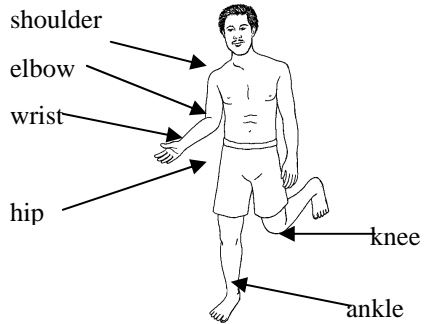




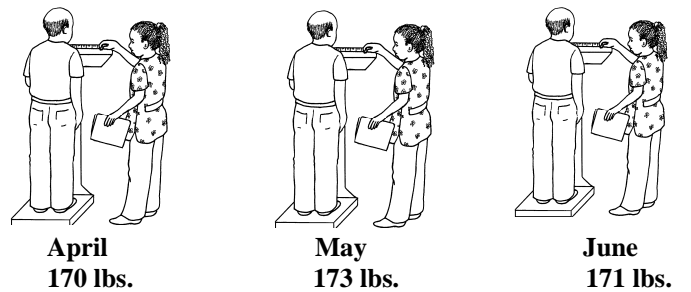
physical activity



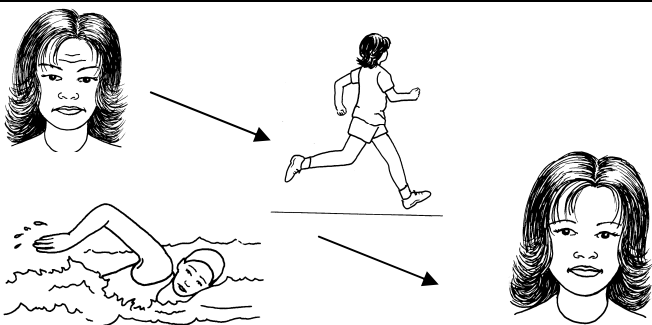
reduce risk of disease



joints



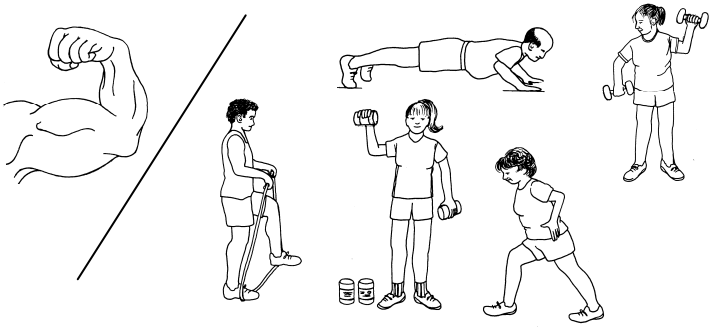
control weight



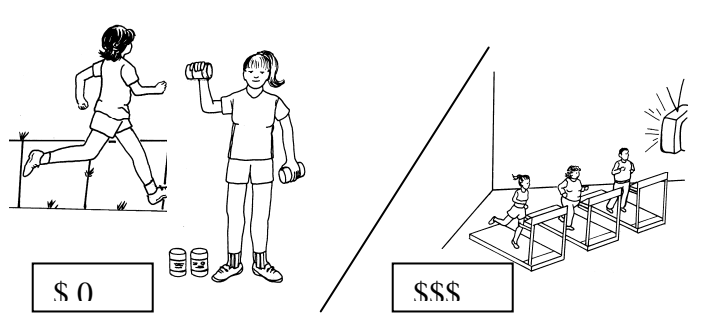
lower stress



high blood pressure



muscles/ resistance training



free or low cost activity