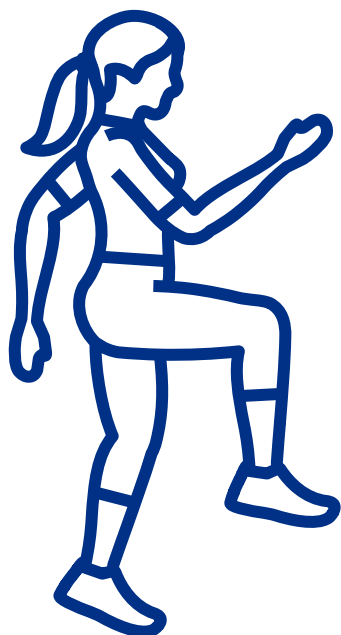


# Stay Fit & Age Better with Four Types of Exercise



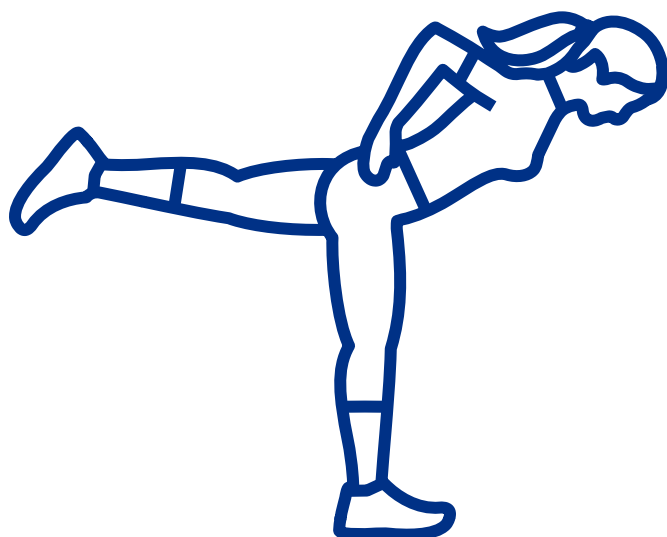
## Aerobic

15 to 30 minutes  
*3 times a week*



## Strength

30 minutes  
*2 times a week*



## Balance

10 to 60 minutes  
*2 times a week*



## Stretching

15 to 20 minutes  
*Every workout*