

Quick Tips for Starting and Sticking with an Exercise Program

The World Health Organization recommends that adults aged 18–64 should get at least 150 minutes of moderate-intensity aerobic physical activity throughout the week, with muscle

might have fun competing together, you will have safety in numbers, and they may introduce you to new ways of getting fit.

Do a variety of activities so you don't get bored. Trying

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For confidential advice and support: [Get Help Now](#)