

**Live well,
Move more**



Strong & Steady

A graphic element where the letters of the title 'Strong & Steady' are filled with small, colorful illustrations of people performing different exercises like sit-ups, stretching, and yoga.

An easy-to-use guide for exercises at home

Top ten simple exercises to build into your daily routine, for all ages.

Doing these exercises daily will make your everyday tasks easier, help you to stay strong and steady, and able to get out and about so that you can enjoy your life now and in years to come.

Strong And Steady

JE Gale

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