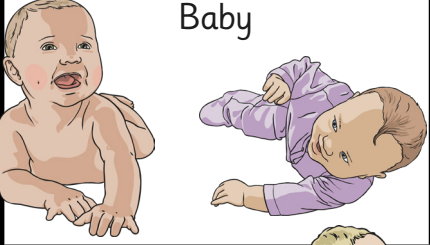
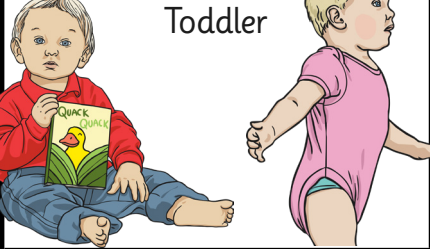






Appropriate Exercise

Different types of exercise are more appropriate for you at different ages. Research the kind of exercises you should do at different stages of your life!

| Stage of Development | Type of Exercise |
|--|------------------|
| <p data-bbox="245 389 323 427">Baby</p>  | |
| <p data-bbox="233 651 336 689">Toddler</p>  | |
| <p data-bbox="201 916 368 954">Child (5-11)</p>  | |
| <p data-bbox="164 1180 405 1218">Teenager (12-18)</p>  | |
| <p data-bbox="245 1444 323 1482">Adult</p>  | |
| <p data-bbox="228 1709 341 1747">Old Age</p>  | |
| <p data-bbox="225 2002 344 2040">All Ages</p> | |