

ANTI-AGING BENEFITS OF *Exercise*



Burn calories



Boost metabolism



Strengthens
heart



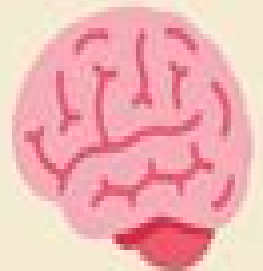
Prevents muscle
loss from aging



Slows down bone
loss from aging



Better balance



Better brain
function



Reduced risk of
40 diseases

The Aging Body

Scott C. Dulebohn



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