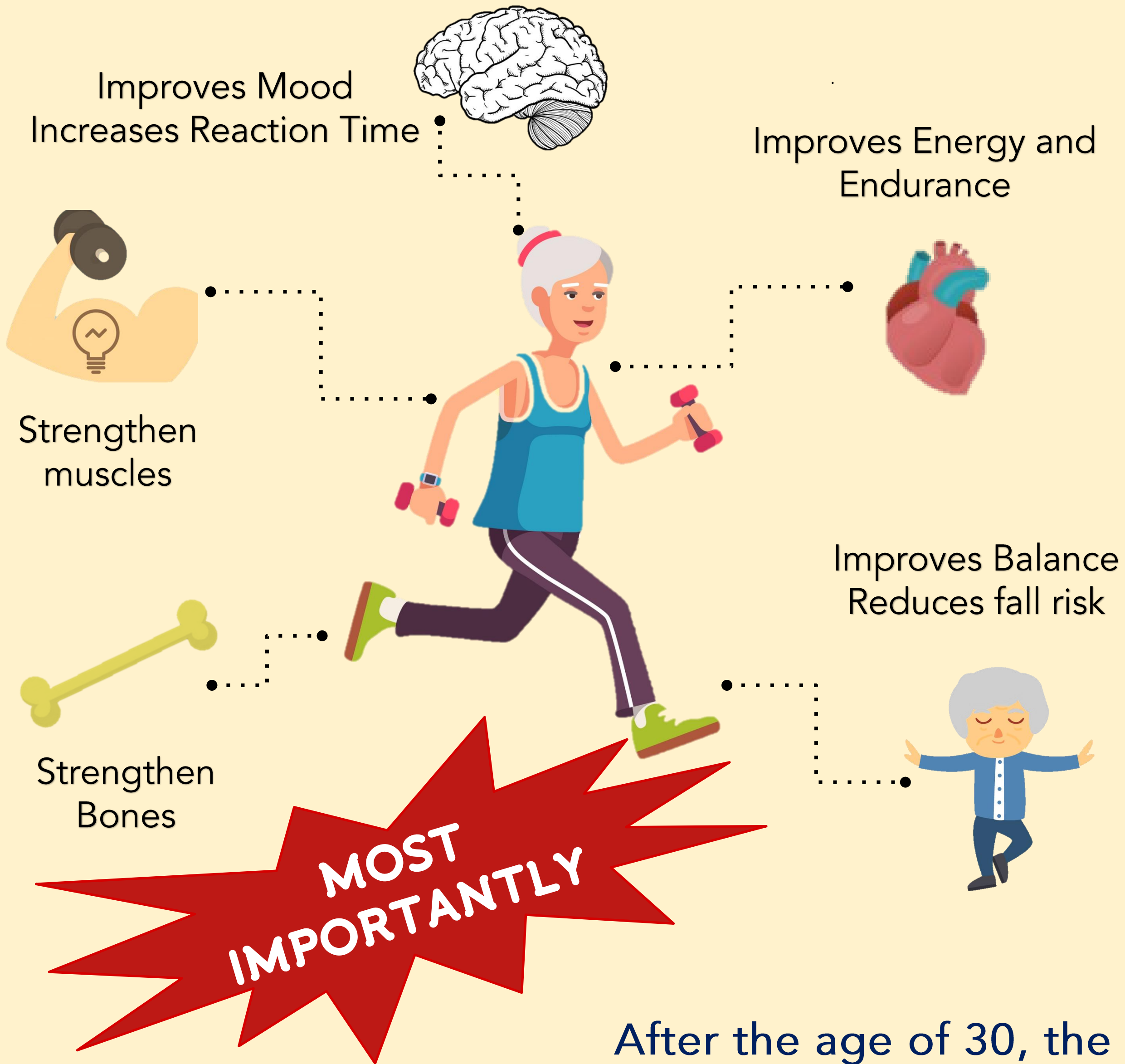


Why do We Need EXERCISE?



After the age of 30, the organs in our bodies will start to age. Exercise is the ONLY way to slow down this process!