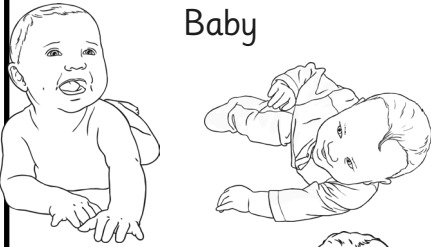
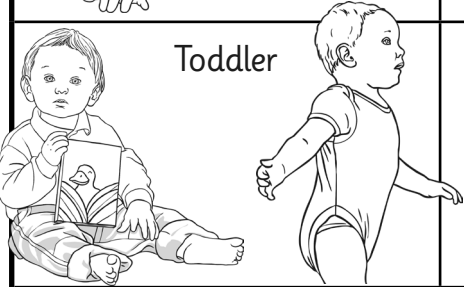
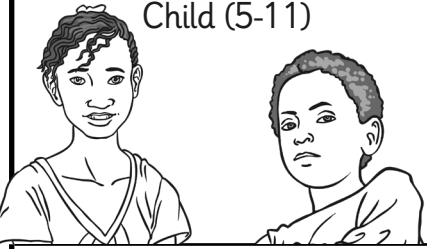





Appropriate Exercise

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>Baby</p>	
 <p>Toddler</p>	
 <p>Child (5-11)</p>	
 <p>Teenager (12-18)</p>	
 <p>Adult</p>	
 <p>Old Age</p>	
<p>All Ages</p>	