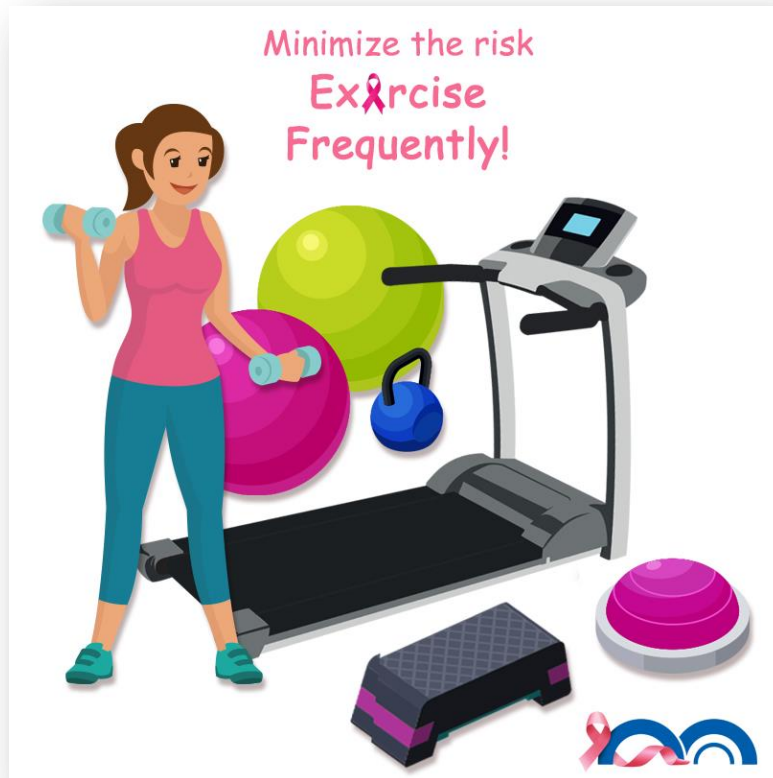




October 12, 2018

MINIMIZE THE RISK EXERCISE FREQUENTLY



Daily exercising can enhance both, your physical and mental health. A 30-minute workout per day can boost your health, uplift your mood, reduce hypertension and diabetes, lower risk of heart disease, and most importantly reduce the risk of breast and colon cancer.