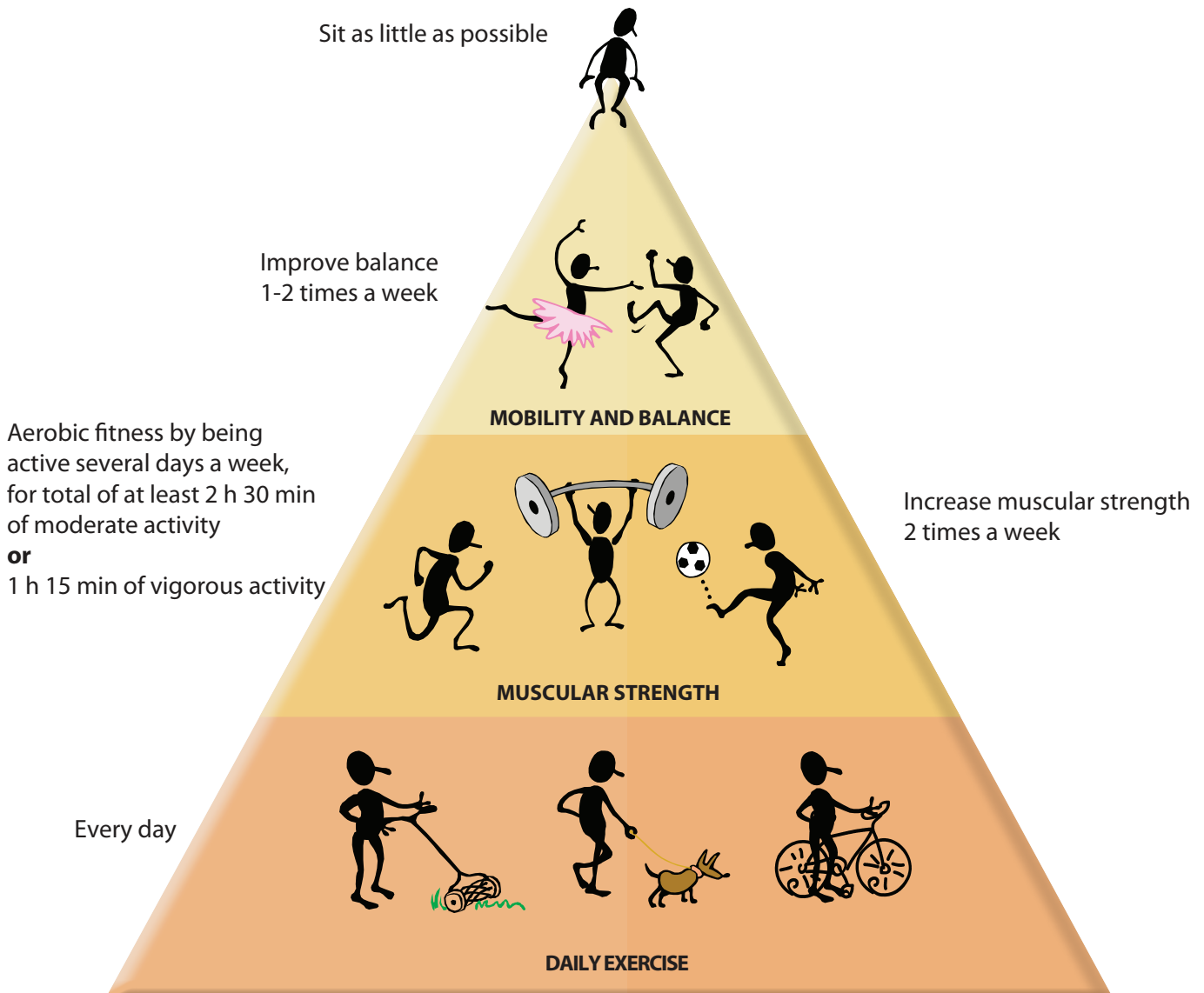


How to move?

Activity Pyramid



Any kind of physical activity is good for you!