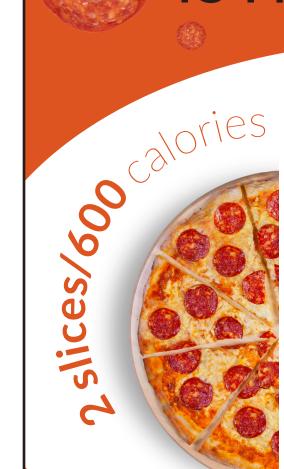


IS IT WORTH IT?







45+ minutes on a stationary bike

45+ minutes of high-impact step aerobics

60+ minutes of playing basketball

120 minutes of walking (3.5 mph)

120 minutes of practicing tai chi



HOW MUCH EXERCISE OU HAVE PLANNED **TODAY?**





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