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|  Pass to all 40 yrs and older. Cardiovascular  Exercise  **The  older we get the more important it is to incorporate exercise into our daily routine. This is necessary to  maintain cardiovascular health and maintain  muscle mass.**    **If you're over 40, you might want to take it easy at first, then  do more repetitions as you become more proficient and  build stamina. Warning: It may be too strenuous  for some.** **Always consult your doctor before starting any exercise programme!****Please scroll down...** **NOW  SCROLL UP... That's  enough for the first day. Great  job. Have a glass of wine .**   |
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