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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 .** | | |  |  | | --- | --- | |  |  | | |