



Fighting fit for life

Description



Some of us might notice itâ??s taking longer to get to the bus stop than it used to. For others, perhaps our weekly supermarket shop takes longer than before.

These can be signs that weâ??ve started slowing down. If thatâ??s the case, we can take some steps to make sure weâ??re still on the move.

Hereâ??s [a guide](#) to help us improve our health and general fitness and get us back in control.

Category

1. Friends & Family

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