



- 1. **STRENGTHEN YOUR CORE MUSCLES**
- 2. **IMPROVE YOUR POSTURE**
- 3. **REDUCE YOUR RISK OF INJURY**



- 4. **IMPROVE YOUR BALANCE**
- 5. **REDUCE YOUR RISK OF FALLS**
- 6. **IMPROVE YOUR MOBILITY**
- 7. **REDUCE YOUR RISK OF CHRONIC PAIN**
- 8. **IMPROVE YOUR QUALITY OF LIFE**

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