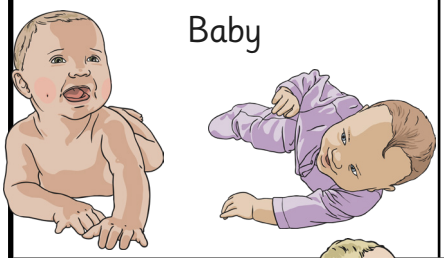
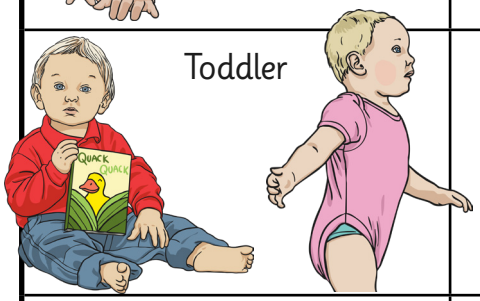
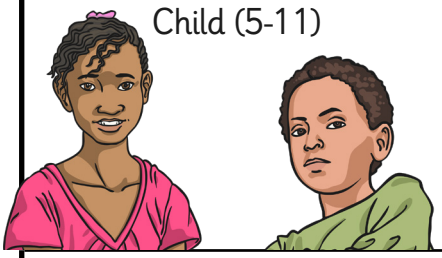
Appropriate Exercise

Different types of exercise are more appropriate for you at different ages. Research the kind of exercises you should do at different stages of your life!

Stage of Development	Type of Exercise
Baby 	
Toddler 	
Child (5-11) 	
Teenager (12-18) 	
Adult 	
Old Age 	
All Ages	