

# Fitness and Health Reminders

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W\]XfYbsYb`cmsUsgi W\YggZ `sVY[ ]bb]b[ shcsh\YsgW\cc`smYUf"sK Ysk Ubhsmci fsW\]XfYbshcs  
\Uj YsUsdcg]hj YsYI dYf]YbW`s]bsci fsWUggYgsUgsk Ysdfca chYsh\Ys]a dcfhUbWscZsXU]`ms  
d\mg]WU`s UW]j ]ms UbXs \YU`h`ms \UV]hg"s H\Ys Zc`ck ]b[ s [ i ]XY`]bYgsa UmsgYYa sUs`]hYs  
YI W\gg]j Yscfsi bbYW\ggUfmsVi hsci fsdfcZYgg]cbU`sgfUbXUfXgsfYei ]fYsh\UhsK YsUW`s]bsh\Ys  
VYgh]bhYfYghg`cZci f`ghi XYbthg"s

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## SAFETY GUIDELINES

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