

Live well,  
Move more



**Solihull**  
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# Strong & Steady

An illustration of four diverse people performing exercises on the letters of the title 'Strong & Steady'. A woman in a blue shirt and pink pants is sitting on the 'S' of 'Strong'. A man in a blue shirt and purple shorts is sitting on the 'g'. A woman in a blue shirt and pink pants is standing on the 'S' of 'Steady'. A man in a blue shirt and pink pants is standing on the 'y'.

**An easy-to-use guide for exercises at home**

Top ten simple exercises to build into your daily routine, for all ages.

Doing these exercises daily will make your everyday tasks easier, help you to stay strong and steady, and able to get out and about so that you can enjoy your life now and in years to come.

# Strong Steady

**J Ma**



**Strong Steady:**

Ignite the flame of optimism with Get Inspired by is motivational masterpiece, Find Positivity in **Strong Steady** . In a downloadable PDF format ( PDF Size: \*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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