



We Manufacture : 3D Wallpapers, Window Blinds, Customize Glass-Films, 3D Flooring, Customized Wall Stickers, Backlit ceiling, Customized Curtains, Designer Clocks, furniture wrapping.



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I how to Lose Weight

Everything you've been told
about weight loss is wrong.

It's not about calories.
It's not about exercise.

It's about attitude.



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**EXERCISE HELPS
OLDER ADULTS MAINTAIN
OR LOSE WEIGHT**

- Exercise helps reduce the risk of heart disease, stroke, diabetes, and other chronic diseases.
- Exercise helps improve balance and coordination, reducing the risk of falls.
- Exercise helps improve mood and mental health.

1

**EXERCISE REDUCES THE
IMPACT OF ILLNESS AND
CHRONIC DISEASE.**

- Exercise helps reduce the risk of chronic diseases such as heart disease, diabetes, and high blood pressure.
- Exercise helps improve the immune system, reducing the risk of infections.
- Exercise helps improve the ability to recover from illness and injury.

2

**EXERCISE ENHANCES
MOBILITY, FLEXIBILITY, AND
BALANCE IN ADULTS OVER 50.**

- Exercise helps improve joint flexibility and range of motion.
- Exercise helps improve muscle strength and balance, reducing the risk of falls.
- Exercise helps improve the ability to perform daily activities.

3

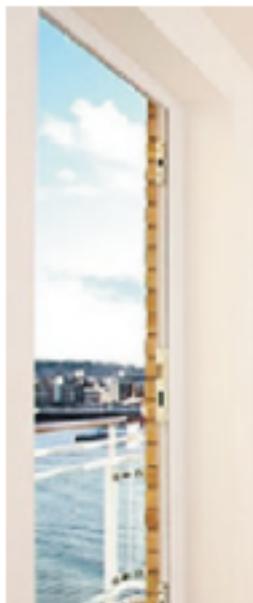
**PHYSICAL HEALTH BENEFITS OF
EXERCISE AND FITNESS OVER 50**

Scene City
DESIGN



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