



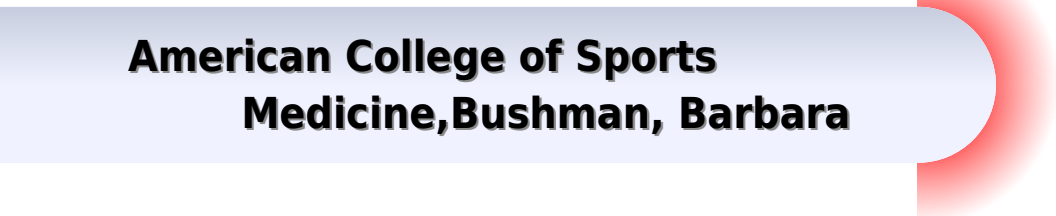
AT HOME

15 MINUTE WALKING WORKOUT

FOR
SENIORS

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