



Exercise is something that we may do on a regular basis to develop not just our strength, stamina and coordination, but to optimize our minds bodies and spirits. Today we understand that physical fitness extends not just into the body but the mind and spirit as well.

Feel good about what your body can do, and you will feel better about your mind and spirit too.

A good exercise regimen depends on you – your current physical state which of course includes the consideration of your age. Over time however, with regular exercise, chronological age becomes less of a factor and your body's development and maintenance take over to allow you to remain fit at any age.