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# Strong & Steady

An illustration of four diverse people performing exercises on the letters of the title 'Strong & Steady'. One person is sitting on the 'S' of 'Strong', another is standing on the 'e' of 'Strong', a third is standing on the 'S' of 'Steady', and a fourth is standing on the 'y' of 'Steady'. Each person is in a different exercise pose, such as a squat, a lunge, or a standing posture.

**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

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