

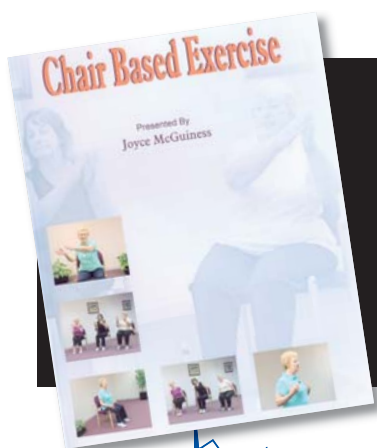
Are you sitting comfortably...?

Then you're in the right place to **discover the health benefits of chair based exercise.**

- Improve your bone strength
- Improve balance and co-ordination
- Lower blood pressure
- Reduce falls and injury



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