

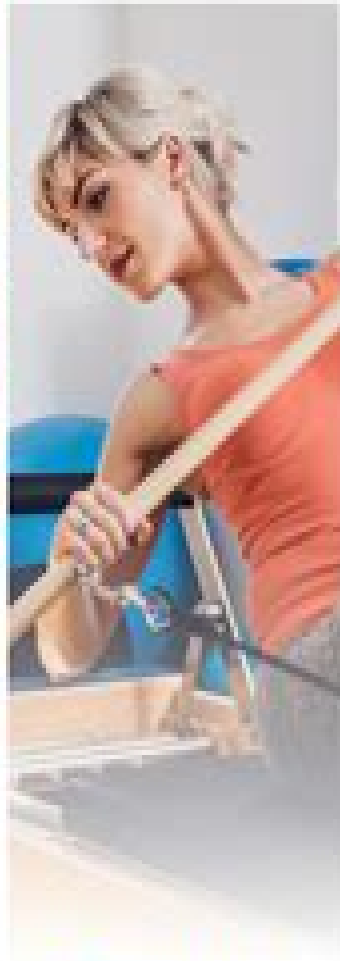
5 Low-Impact Exercises to Try



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Swimming



Pilates



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Low Impact Exercises

Madeleine Smethurst

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