



# **Splash! Get Fit, For You! Catch Up on the Health Benefits of Regular Joint-Friendly Exercising!**

June 11 2014 9:00 AM

Welcome to the World of Springtime-Splash!

This 12th week's goal is to relay that there are some real, sustaining, health benefits to be had by developing a regular, personalized, joint-friendly fitness routine!

With regular joint-friendly exercising, you can:



- Improve posture

- Boost your energy level
- Build muscles
- Increase flexibility
- Reverse joint stiffness
- Promote joint circulation!
- Reduce fatigue!

Spring-Splash-Suggestion: Develop a regular joint-friendly fitness program, for yourself. And, if you are not certain what to do, seek professional advice!

Just remember! This week's goal is to share a health tip, to improve your overall health!

Catch Up!

Seize the Day!

Holly Fairfield

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Sources: MedicinNet, June 5, '14.

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