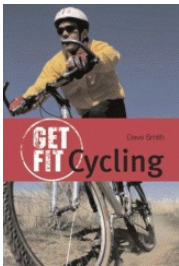


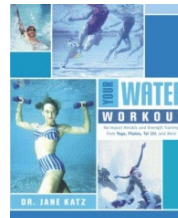
MPL: Low Impact Summer Fitness

Low impact fitness can increase your cardiovascular health and assist in weight loss while avoiding unnecessary damage to your joints. There are a lot of activities that are considered low impact, including walking, biking and swimming. No matter what your age it is always a good idea to stay active. Here are some resources for you to explore.

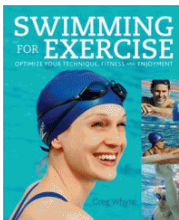
Created by Nineshadesofnifty



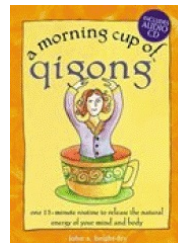
Cycling
Dave Smith.



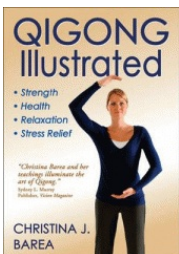
Aqua Fit
Jane Katz.



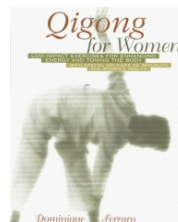
Swimming for exercise
Greg Whyte ; photography by Eddie Jacob. --



A morning cup of qigong
John A. Bright-Fey.



Qigong illustrated
Christina J. Barea ; [photographer, Benjamin Lapid]. --

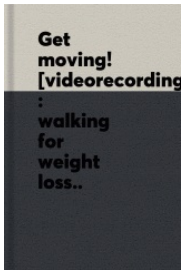


Qigong for women
Dominique Ferraro ; translated by Tami Calliope.

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Created by Nineshadesofnifty



Get moving

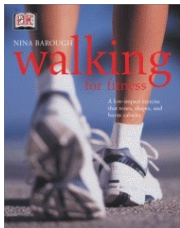
Gaiam ; producer and director, Ted Landon.



Power walk

FitVid Productions ; produced and directed by Cal Pozo.

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Walking for fitness

Nina Barough ; [photographer, Russell Sadur].