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## Staying well is the secret to being active

Posted by pmckeen - 2009/06/02 23:34

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If we keep our body well, our life will be more enjoyable. Wellness is the foundation to keeping us young.

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## Re:Staying well is the secret to being active

Posted by kijones - 2009/06/04 00:47

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I have had the opportunity to workout at a hot yoga studio all winter and can honestly say that I never had a day of feeling unwell, not even a sniffle. As a result I remained active all winter -- hiking in the snow, cross-country skiing and walking frequently.

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