

A group of four seniors, two men and two women, are exercising in a gym. They are all smiling and have their arms raised in the air. The man on the far left is wearing a white t-shirt and dark shorts. The woman next to him is wearing a white t-shirt and dark pants. The man next to her is wearing a blue t-shirt and light-colored pants. The woman on the far right is wearing a grey tank top with orange trim and dark pants. They are standing in front of a large window. The text "How Can Exercise Benefit Seniors with Diabetes" is overlaid in the center of the image.

How Can Exercise Benefit Seniors with Diabetes

Fitneb For Seniors Hc 2004

Lei Huang



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