## We Manufacture:

3D Wallpaper, 3D Flooring, Printed Vertical Blinds, Printed Roller Blinds, Printed Wooden Venetian Blinds, Printed Roman Blinds, Printed Sunscreen Blinds, **Printed Triple Shade Blinds** Printed Glass Film (1way Vision, Frosted, Clear film, Vinyl), Printed Vinyl For Furniture Like Wardrobe, Table, Table Top & Doors, Canvas Paintings, Printed Customized Leatherite (For Sofa, Chairs, Bed Quilting, Wardrobe Shutters. And Other Objects), Wall Stickers Normal And 3D, Backlit Ceiling, **Designer Wall Decal Clock** Printed Customized Curtains And Shower Curtains







































# How to Lose Weight

Everything you've been told about weight loss is wrong,

It's *not* about calories. It's *not* about exercise.

Actually, it's easy.





#### EXERCISE HELPS OLDER ADULTS HAINTAIN OR LOSE WEIGHT

- As metabolism naturally slows with age.
- material a healthy weight is a shallery
- Exercise helps increase metabolism and builds muscle mass, helping to burn more colories.
- When your body reaches a healthy weight, your overall well mess will improve.

#### EXERCISE REDUCES THE IMPACT OF ILLNESS AND CHRONIC DISEASE.

- Among the many benefits of exercise for adults over 50 include improved immune function.
- People who exercise also have a lowerer risk of several chronic.

#### EXERCISE ENHANCES MOBILITY, FLEXIBILITY, AND BALANCE IN ADULTS OVER 50.

- Esercise improves your strength, flexibility and postare
- Heijis your balance and coordinacion.
- Strength training also helps allevtate symptoms of chronic conditions.

### PHYSICAL HEALTH BENEFITS OF EXERCISE AND FITNESS OVER 50

Call us today at 520-917-8068 to schedule your visit and see all the filness activities Suo City Ore Valley has to affer.

www.SunCityOroValley.com



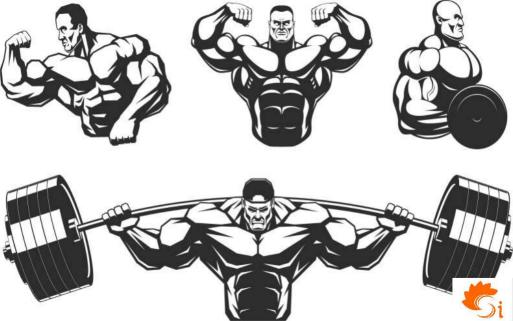
























































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