

Wednesday, July 16, 2014



## Staying Fit for Life

Looking for ways to keep fit as you age? Get tips to exercise smarter, eat better, and enjoy life after 50.

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- [Nutrition for Athletes](#)
- [8 Ways to Get Out of Your Seat](#)

## Featured

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Instead of skipping your workout when a gym isn't available, exercise at home. Here's how.

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### Exercise During Pregnancy

Moms who stay active in late pregnancy may help their newborns.

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### Tips for Power Walking

You don't have to be a runner to get fit. Try good, fast walking instead.

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### 3 Exercises to Tone Your Butt

How do you look from behind? Tighten and tone your tush with these moves.

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- Can Cycling Cause Male Infertility?
- The Truth About Beet Juice
- Exercise for Better Sexual Health

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