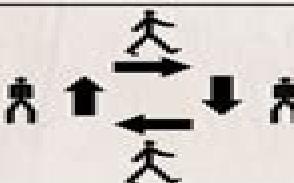


# An hour a week Indoor walking Circuit

1 minute each exercise • 4 circuits

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	<p><b>March in place</b></p>
	<p><b>Side step</b></p>
	<p><b>4 steps forward, 4 steps back</b></p>
	<p><b>Side step x 2</b></p>
	<p><b>Big step forward, side step, big step back, side step</b></p> <p><b>Do for 30 seconds then change lead leg</b></p>

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**Richard A. Stevenson, Susan M.  
Phillips**

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