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Come On Out & Play

When you were a kid you probably would play tag with your friends or play at the park. Even though it may not of seemed like exercise it was. Here eight not very common and fun ways to exercise.

Remember when you were a kid and the activities you did all summer—biking, swimming, playing tag—never felt like work but pure pleasure? You can easily recapture that feeling again as a grown-up. All it takes is a little outdoor exploration

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