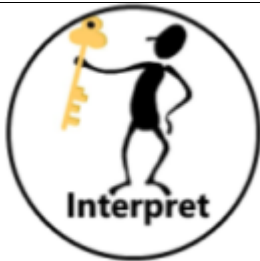


The Big Question? How can we stay fit and healthy as we get older?



What do you notice about the appearance of the person in the image?



What do you think they do to achieve a high standard of health and fitness?

What else can we do to stay fit and healthy as we get older?



Why has the creator chosen this particular picture?