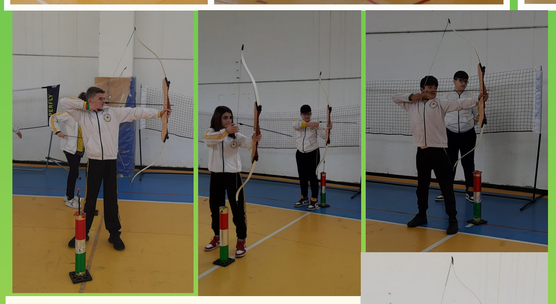
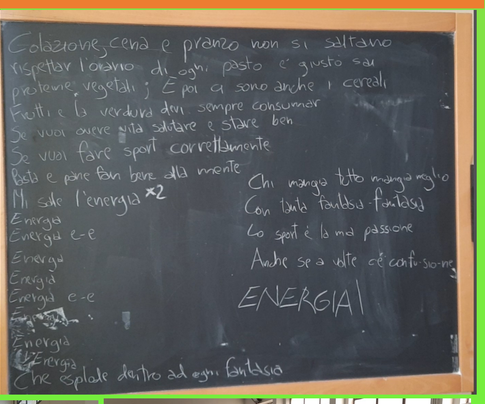
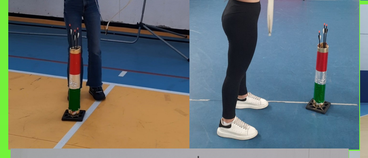


Potrà sembrarti, strano, ma fare sport allunga la vita:

Allenandosi regolarmente si possono aggiungere 7 anni di longevità!