

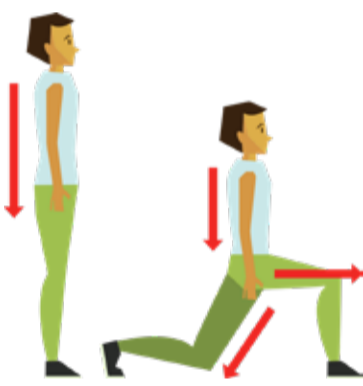


Beaver Sports Medicine

Servicing the Mid Valley's Orthopedic Sports Medicine Needs

At Home Exercise and Health

Not all of us are comfortable returning to the gym yet, here are a few things to help get us moving and keep us healthy.



3 sets of 10 of each of these to start our day can get our blood pumping and start us on the right foot!

