

## In Motion Newsletter Fall 2008

Highlights from the Fall 2008 issue of In Motion: Exercise: Walking Do's and Don'ts • Healthy Living At Any Age • Make Indoor Workouts Work for You • Fall Into Sports Safety • Volleys: Female ACL Injury Risk Reduced With Warm-Up Program • For Healthy Cycling, Get a Good Fit • How's Your Posture? • Weight Training: Not Just for Body Builders

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