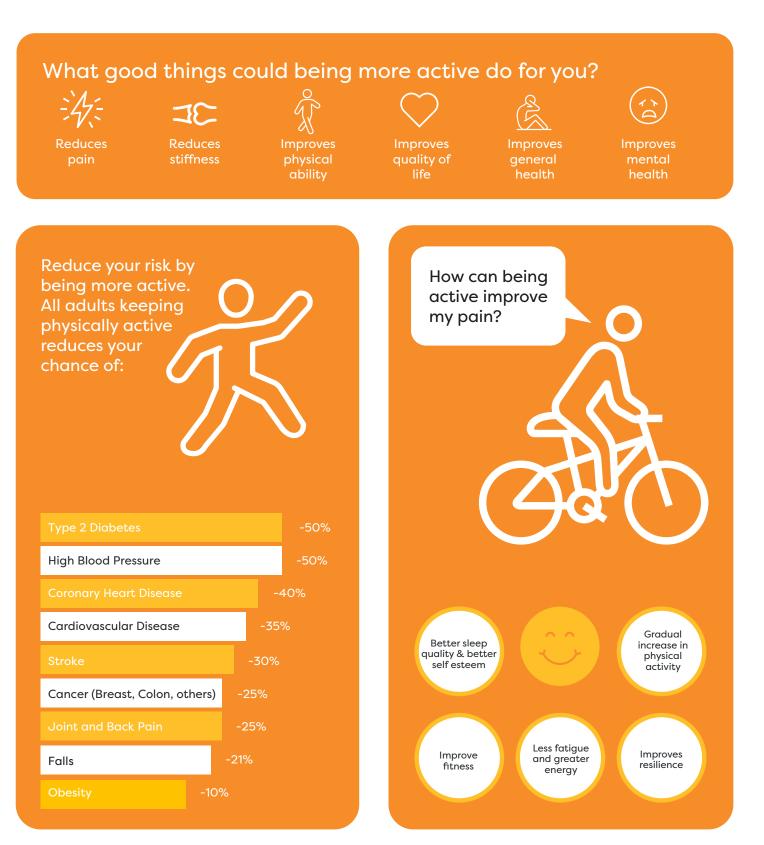


Being active is important for Musculoskeletal Pain



Follow these Top Tips to keep you active:

Build activity into everyday life:

