

HUBBARD COMMUNICATIONS OFFICE  
Saint Hill Manor, East Grinstead, Sussex  
HCO BULLETIN OF 3 NOVEMBER 1980

Remimeo

(Originally LRH OODs item of 3 March 1972.

Also issued as an HCO PL same date, same title.)

**EXERCISE**

Health of a body requires some exercise. When a body is not exercised it goes down hill, diet or no diet.

Exercise and correct diet keep a body going.

This applies especially to auditors, desk workers and students.

That's why you should be out there getting some air in your lungs and some limberness in the muscles for a short time each day.

L. RON HUBBARD  
FOUNDER

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