



# PRINCIPLES OF EXERCISE

- **Useful** – HR May 1, 1873; 10MR 260; CL 13; RC 160; CG 352
- **Judicious** - ST Oct. 18, 1899; CD 303; CH 97
- **Outdoors** - 2T 530; MM 81; Ed 210
- **Sunlight** - 3T 75; Ed 208
- **Vigorous** – AH 263; AH 500; TSDF 14; 8MR 120
- **Enjoyable** - HR July 1, 1868
- **Planned** – MH 238; RC 187
- **Daily** - CE 22; CH 173; CH 564
- **Regular** - CD 444; Ed 208; FE 74
- **Variety** – 3T 77; HR July 1, 1872

