

View our Press Releases for more information:

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You CAN help your body fight COVID-19!: <https://www.saphysio.co.za/media-your-health/press-releases/you-can-help-your-body-fight-covid-19/>

Fight COVID-19 with exercise!: <https://www.saphysio.co.za/media-your-health/press-releases/fight-covid-19-with-exercise/>