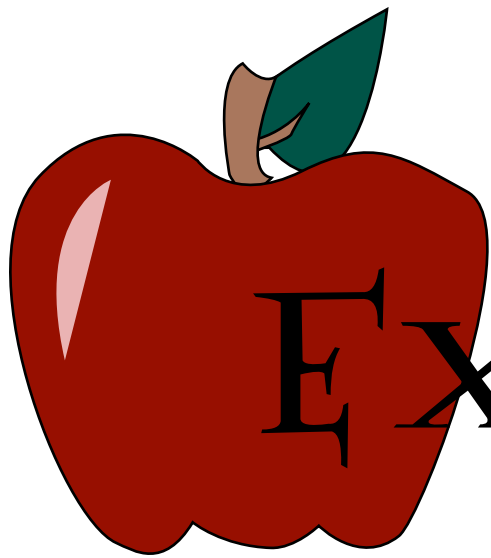
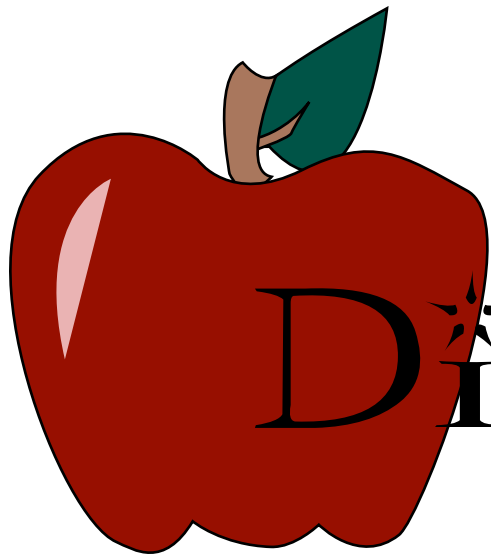
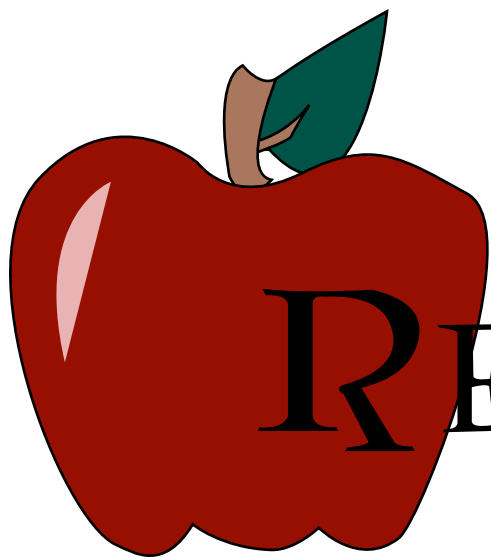




EXERCISE



DIET



REST