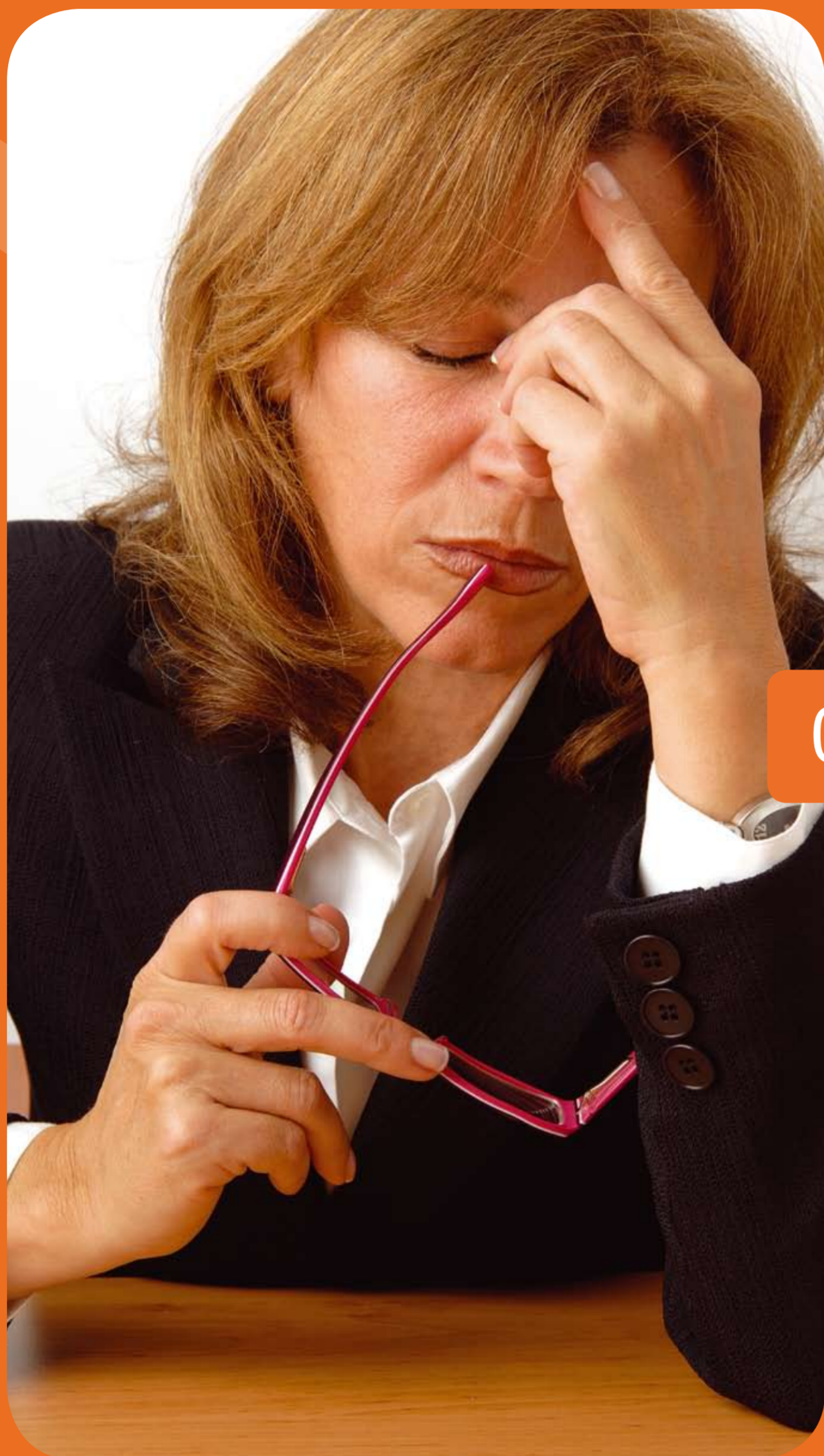


Take every opportunity to **be active.**



OR



Stressed out

Stress relief

Put together at least 30 minutes of physical activity each day
for improved health and wellbeing.