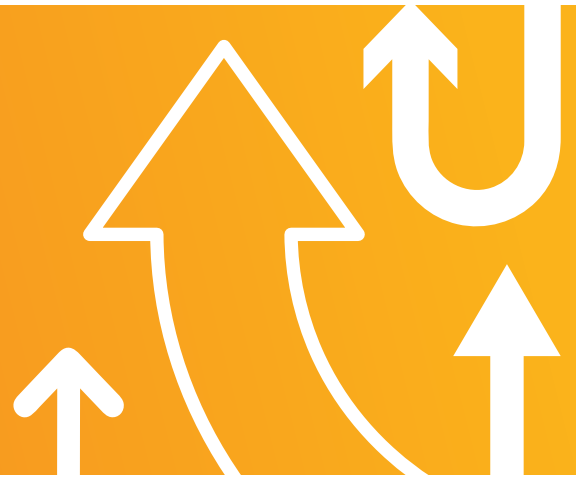


AIM HIGH

Set goals to be healthy and *fit!*



Get a plan

One step at a time

Act on the goal

Learn from the goal

Start again