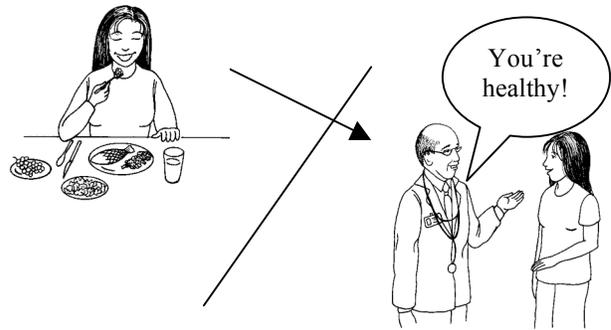
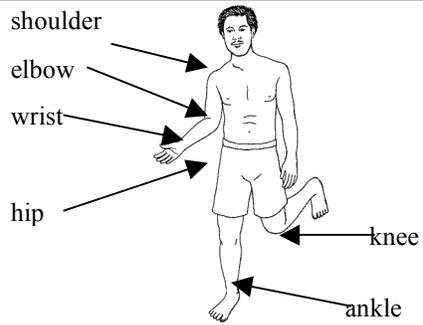




physical activity



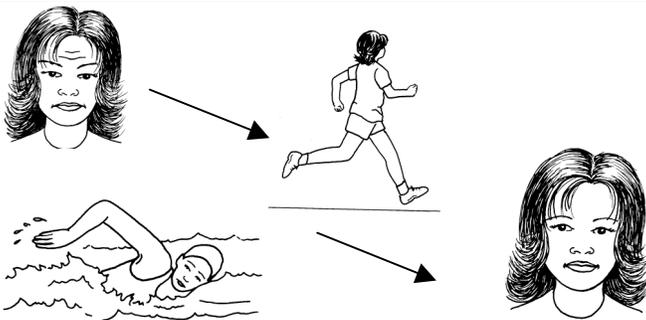
reduce risk of disease



joints



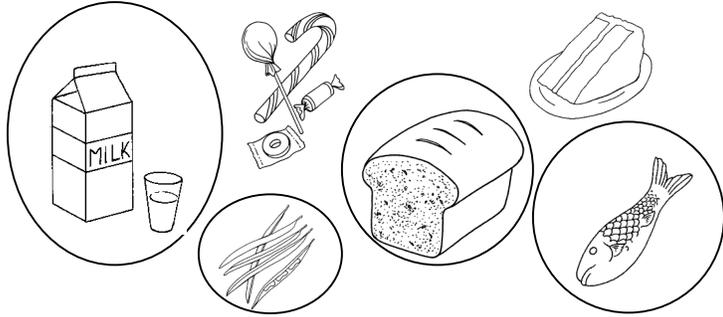
control weight



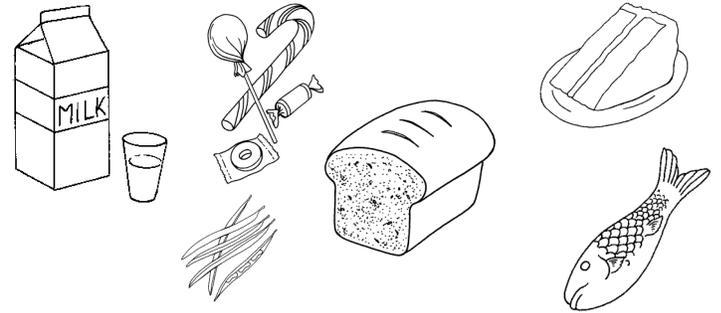
lower stress



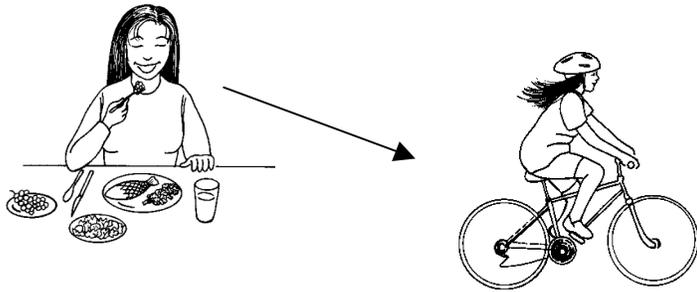
high blood pressure



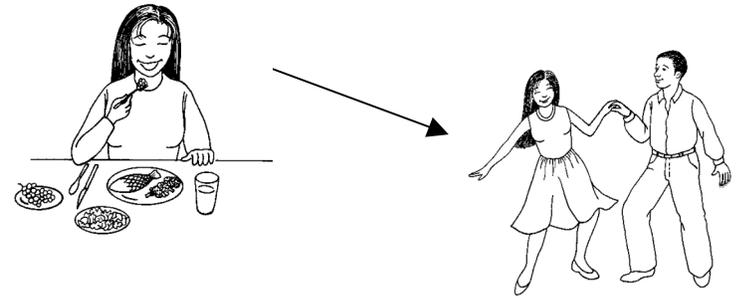
good nutrition



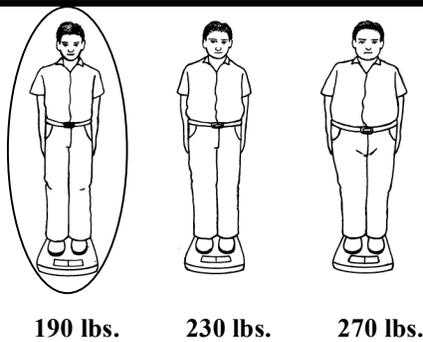
nutrition / diet



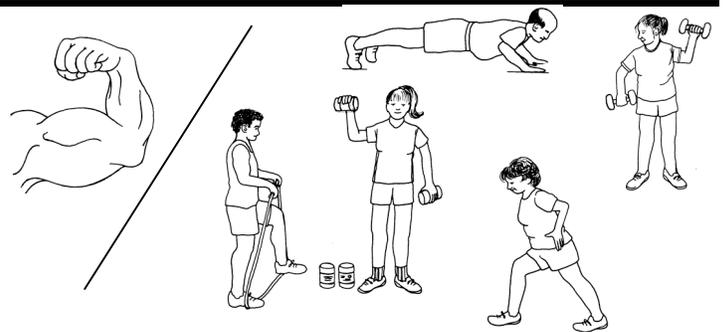
energy



feel good



healthy weight



muscles / strength training