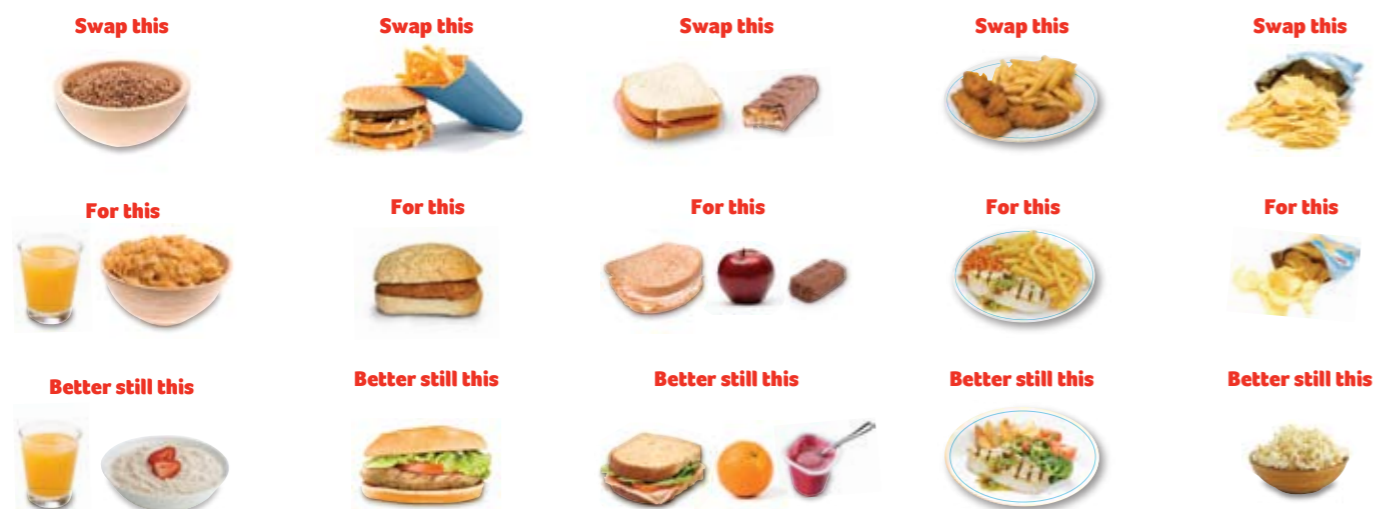


**One little step at a time can make a big difference.  
Take your first little step to a healthier life today.**

## Eating Healthy

|            |     |
|------------|-----|
| We swapped | For |
| We swapped | For |
| We swapped | For |
| We swapped | For |
| We swapped | For |



## Being Active

|            |     |
|------------|-----|
| We swapped | For |
| We swapped | For |
| We swapped | For |
| We swapped | For |
| We swapped | For |

