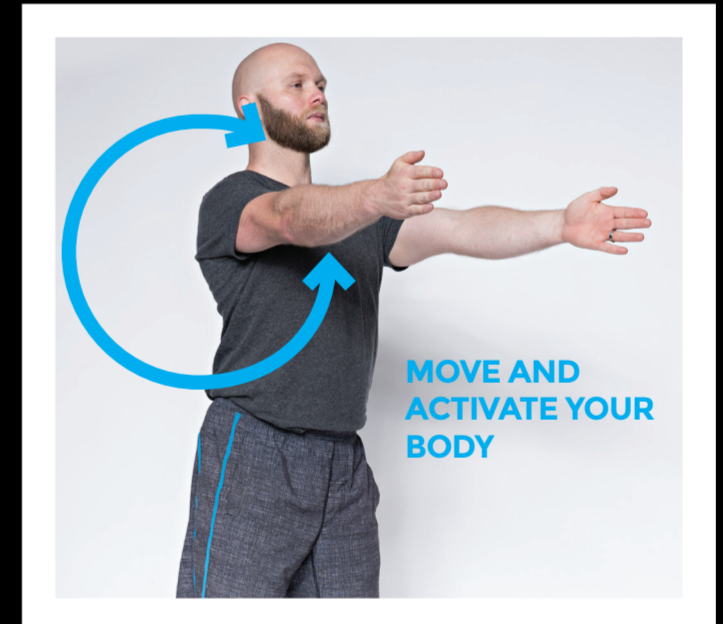
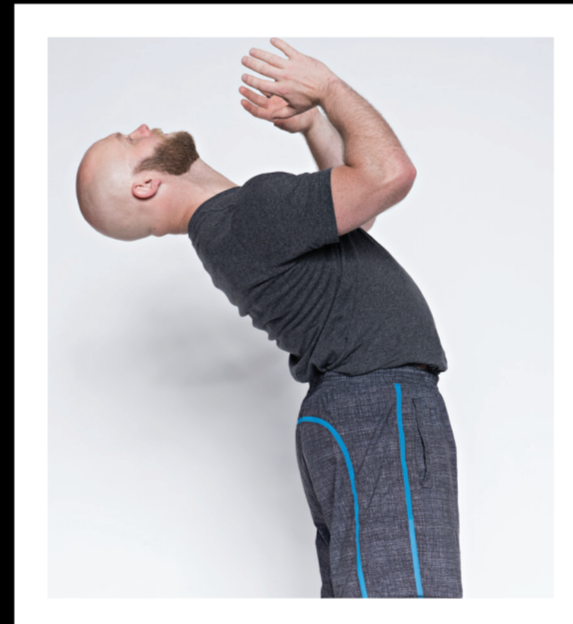


WARM UP FOR WORK

LOOSEN UP GENERAL WARM UP TO GET YOU MOVING

LISTEN UP TALK AND LAUGH TO START YOUR DAY

WAKE UP SWITCH ON UPSTAIRS TO BE ALERT



WARMUP LEADER FOR THE DAY

A LITTLE EXERCISE EVERY WEEK
BUILDS A BETTER BODY FOR YOUR FUTURE

