

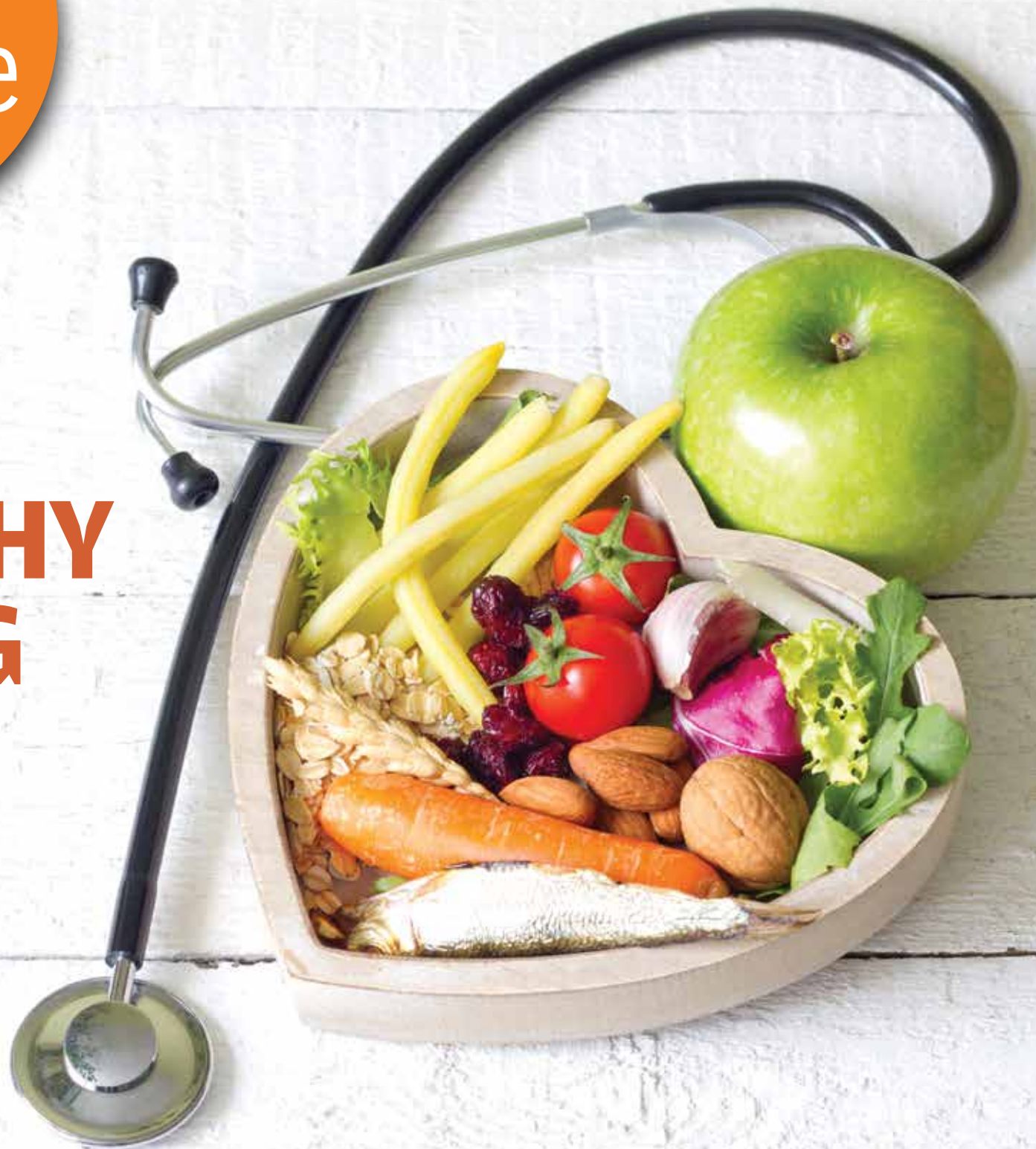
smart  
change

# Your Health & Nutrition

## 7 steps to embrace **HEALTHY EATING**

The wonders  
of walking

Don't let sleep  
elude you



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