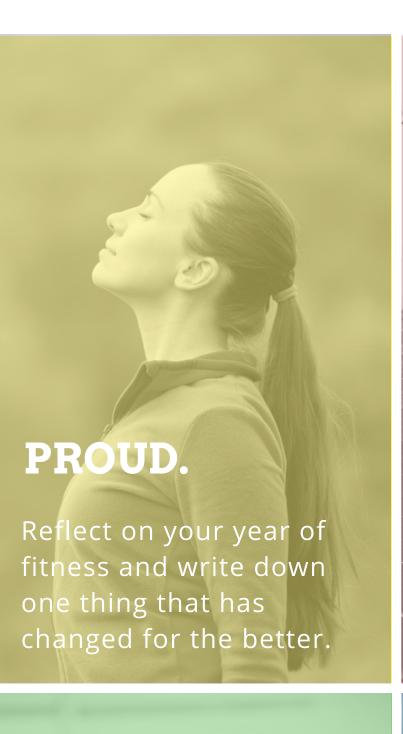


LIVE WELL WITH FITNESS!







fitness. Write them down

and let them go in 2018.



with you into 2019.

Start planning for your 2019 fitness challenge! Wishing you WELLth in 2019!