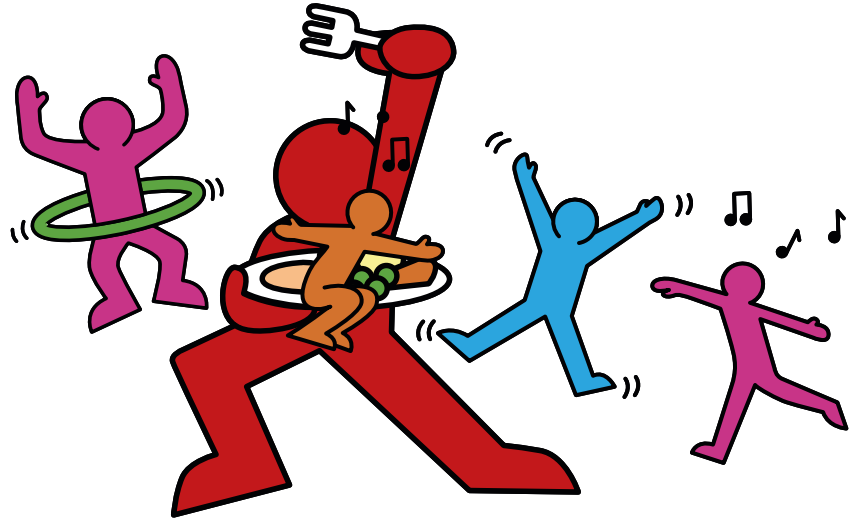
Eat well and move more



with starting well 4 life

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