

Healthy Habits

MTWTFSS

MTWTFSS

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MOTIVATION
is what gets
you started.


HABIT
is what keeps
you going. 





get
FIT













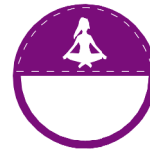
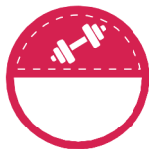












DRINK UP!



DRINK UP!



DRINK UP!



DRINK UP!



DRINK UP!



DRINK UP!



DRINK UP!



DRINK UP!



