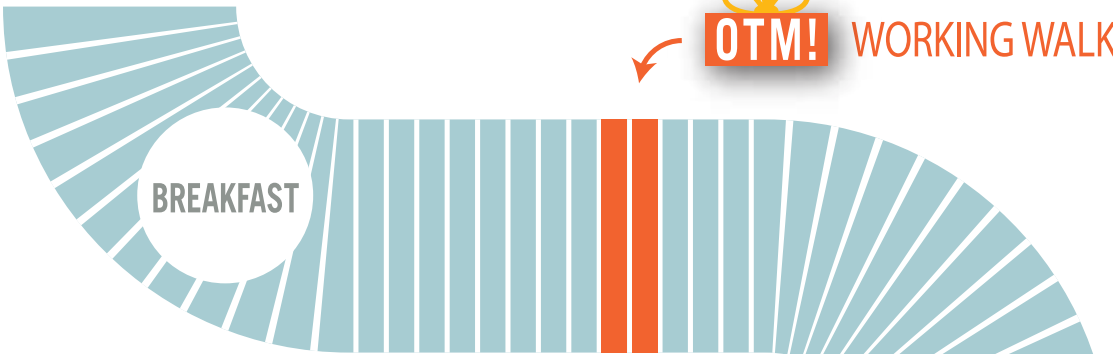


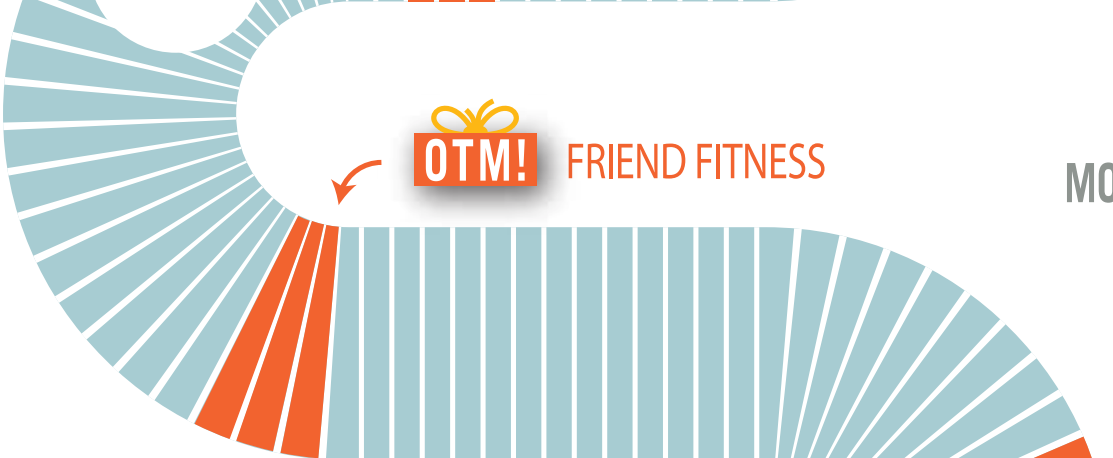
**START**  
of your day

**IT'S YOUR MOVE!™**  
GIVE YOURSELF THE GIFT OF MOVEMENT:  
DISCOVER THE HIDDEN  
**OPPORTUNITIES TO MOVE ( "OTMs" )** IN YOUR DAY...

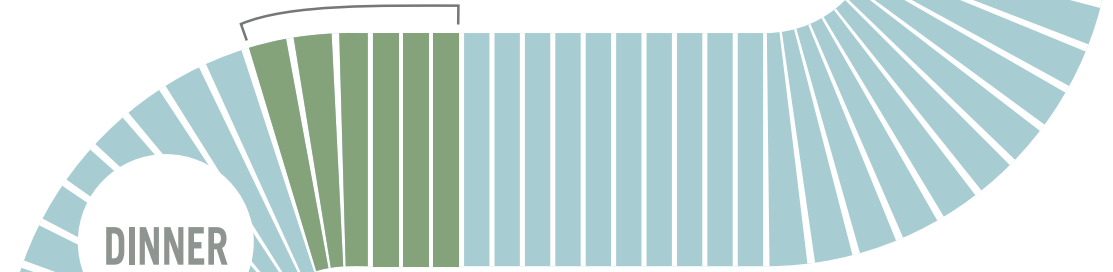
WAKE  
UP



**OTM!** TAKE THE "LONG CUT"



PLANNED  
EXERCISE  
SESSION



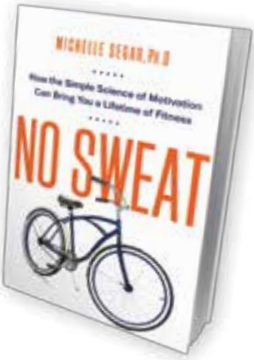
**OTM!** CLEANING CALISTHENICS

**BEDTIME**

**END**  
of your day



As seen in...



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