

START
of your day

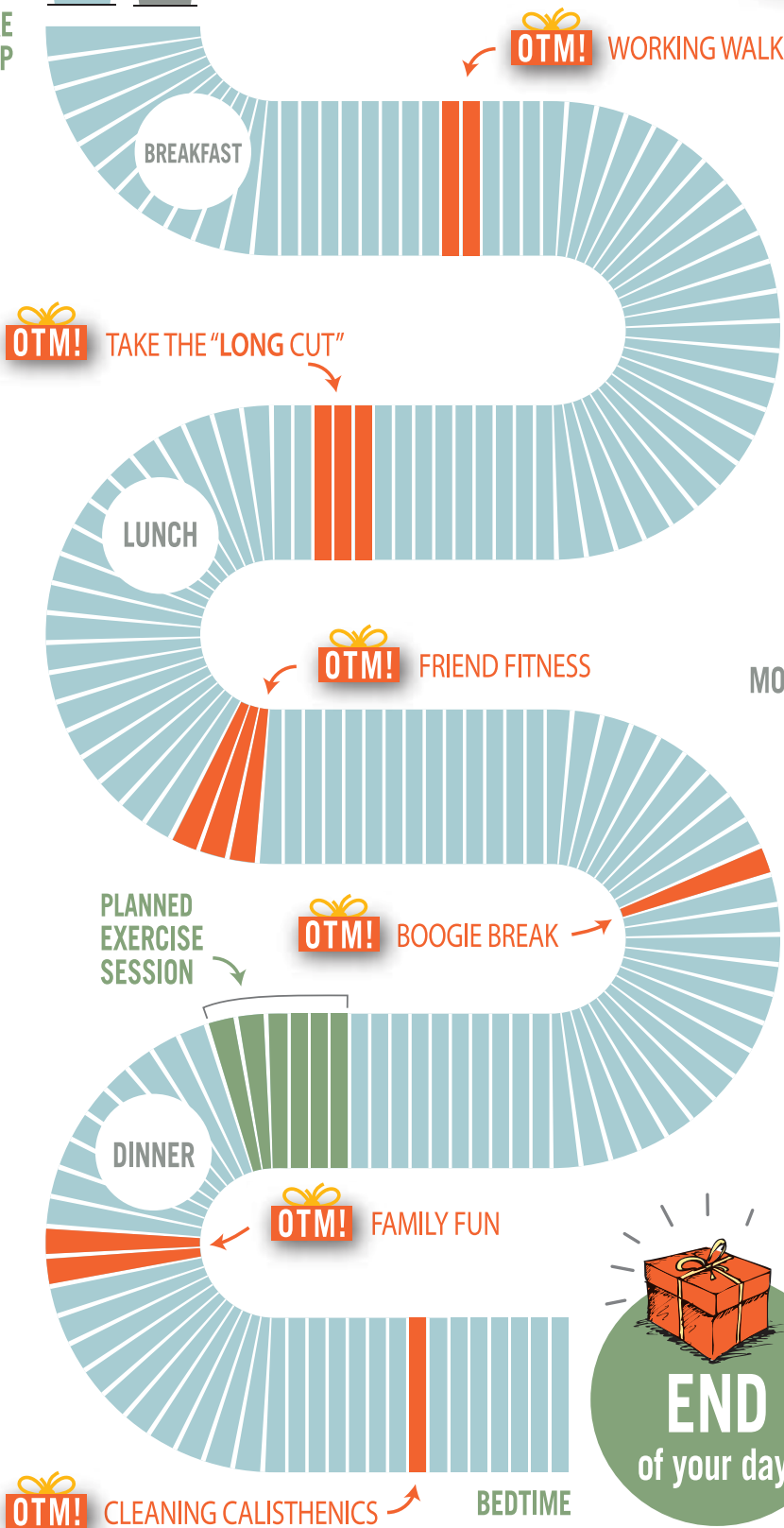


WAKE
UP

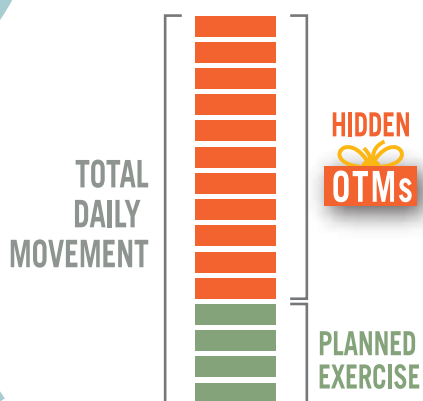
IT'S YOUR MOVE!™

GIVE YOURSELF THE GIFT OF MOVEMENT:
DISCOVER THE HIDDEN

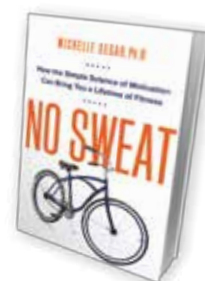
OPPORTUNITIES TO MOVE ("OTMs") IN YOUR DAY...



IT ALL
ADDS UP!



As seen in...



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