

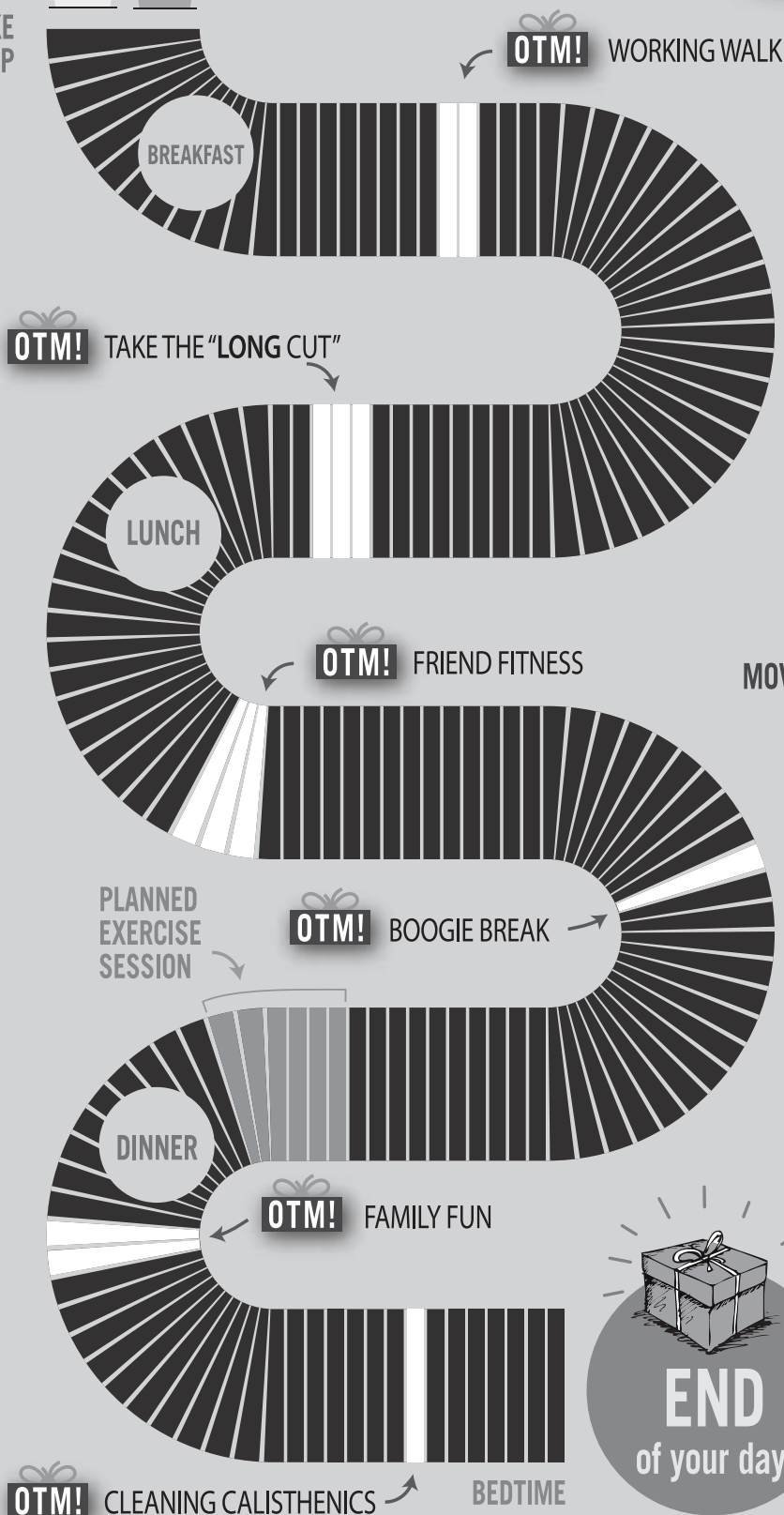
START
of your day



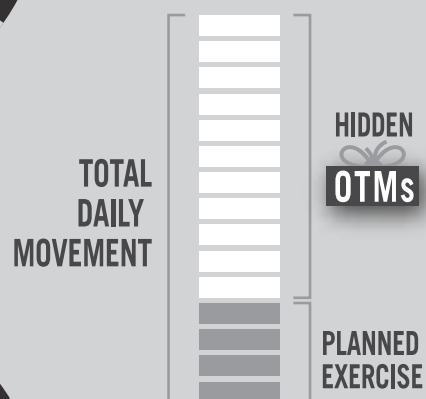
WAKE
UP

IT'S YOUR MOVE!™

GIVE YOURSELF THE GIFT OF MOVEMENT:
DISCOVER THE HIDDEN
OPPORTUNITIES TO MOVE ("OTMs") IN YOUR DAY...

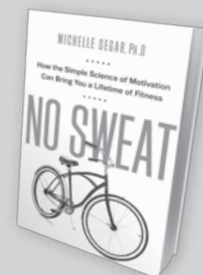


IT ALL
ADDS UP!



END
of your day

As seen in...



www.MichelleSegar.com