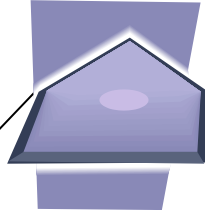


Four Simple Steps for a Better You!

**Get a Good
Night's Sleep**

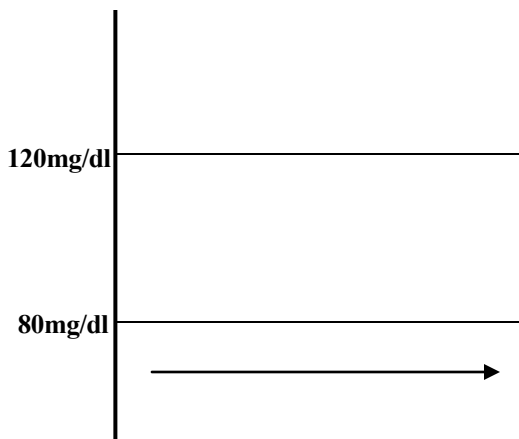


**Drink plenty of
Water and take
Nutritional
Whole Food
Supplements**



**Eat Healthy
Every 3 to 4
Hours; Hungry
or Not**

**Exercise 2 to
3 times a
week
(Aerobic &
Anaerobic)**



PRO

FAT

CHO

