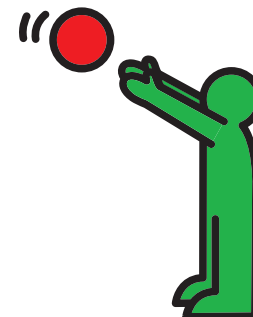




Congratulations!

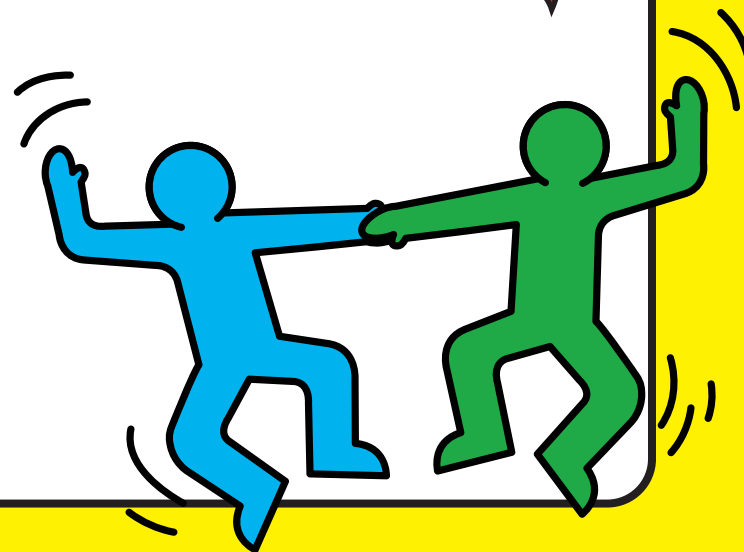
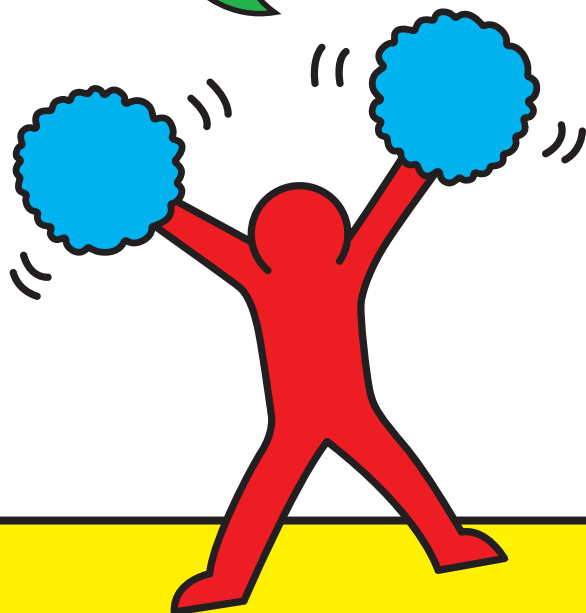


Write your name

Well
done!

for getting active with
10 Minute Shake Up Activities!

You
did it!



change
4 life