

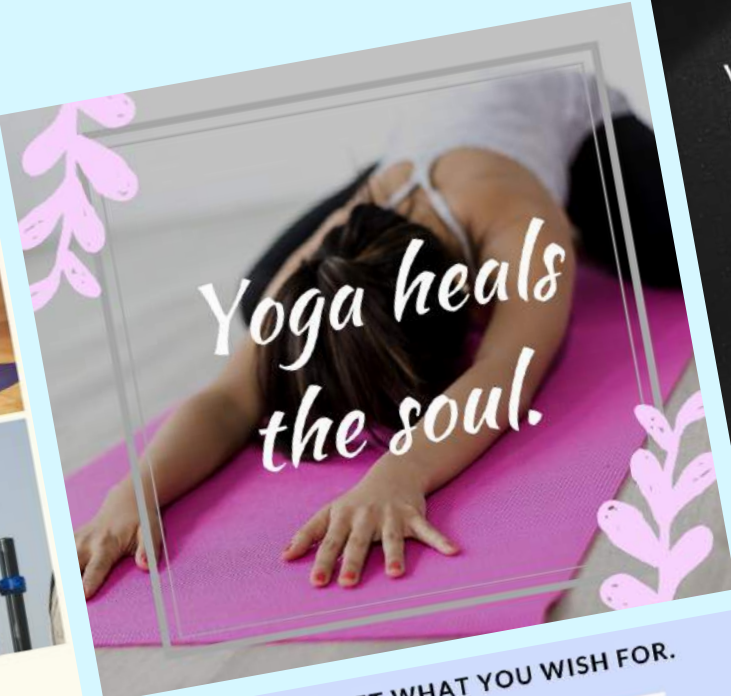
MORE ENERGY.

EXERCISE

STEPS TO YOUR LIFE.

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body
eward you.

Today I will do what others won't,
so tomorrow I can accomplish
what others can't."
—Jerry Rice



YOU DON'T GET WHAT YOU WISH FOR.



YOU GET WHAT YOU WORK FOR.

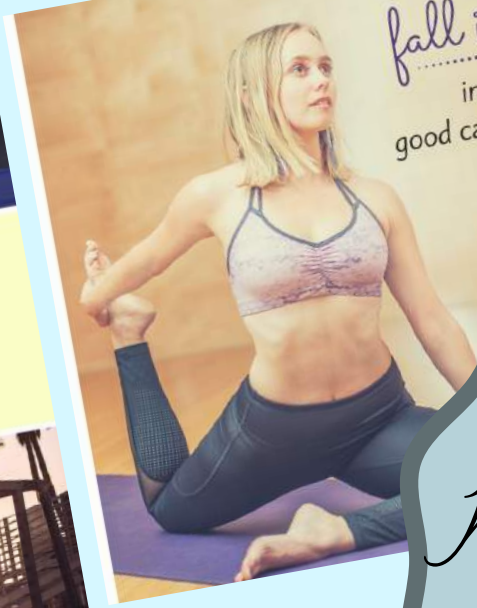
99
We are what we repeatedly do.
Excellence, then,
is not an act
but a habit.
—Aristotle



stay
feel ama



fall in love
in taking
good care of yourself.



today
ton

Kylie Russell
SAMPLES