

#### From going fat to Go Fit!

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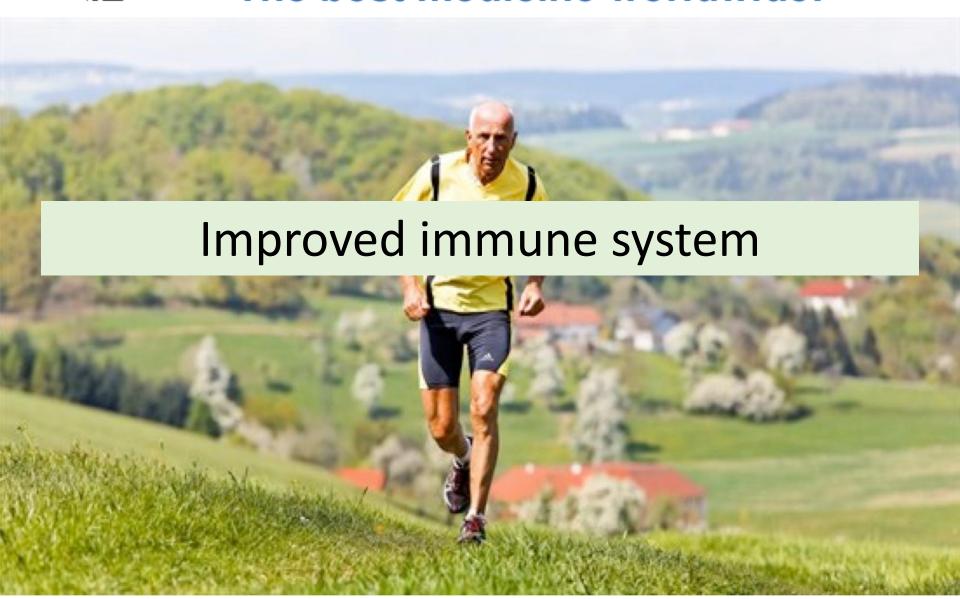




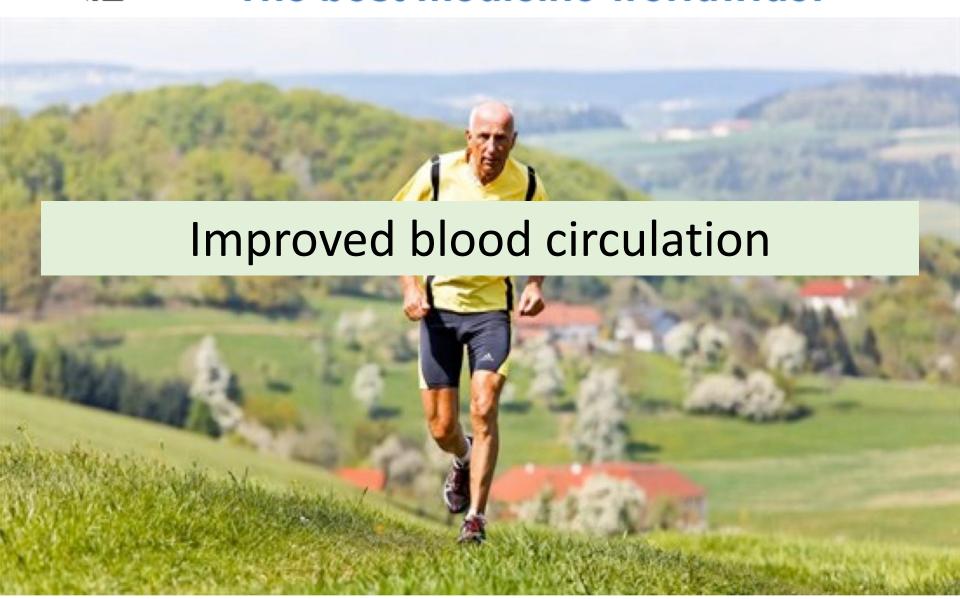








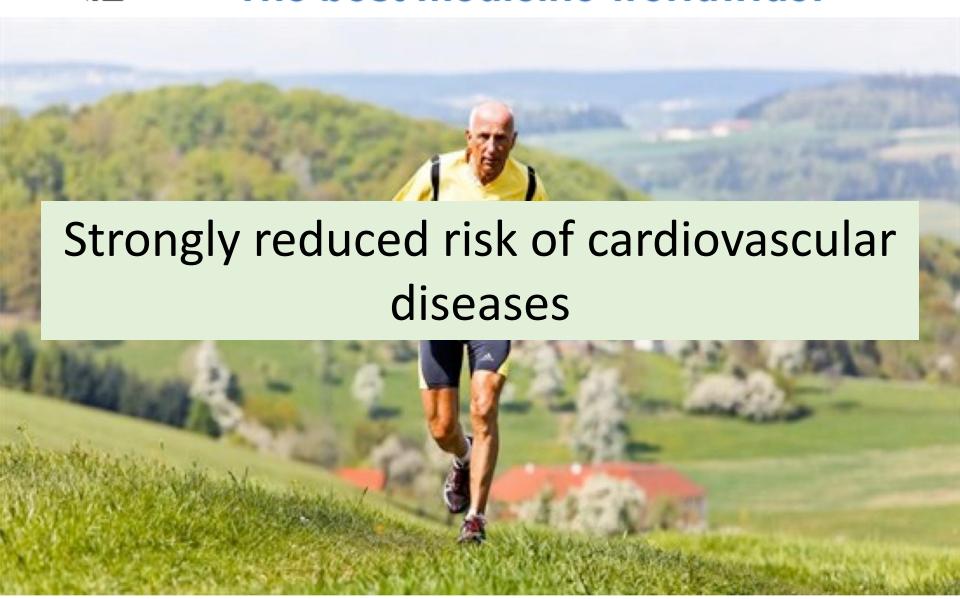








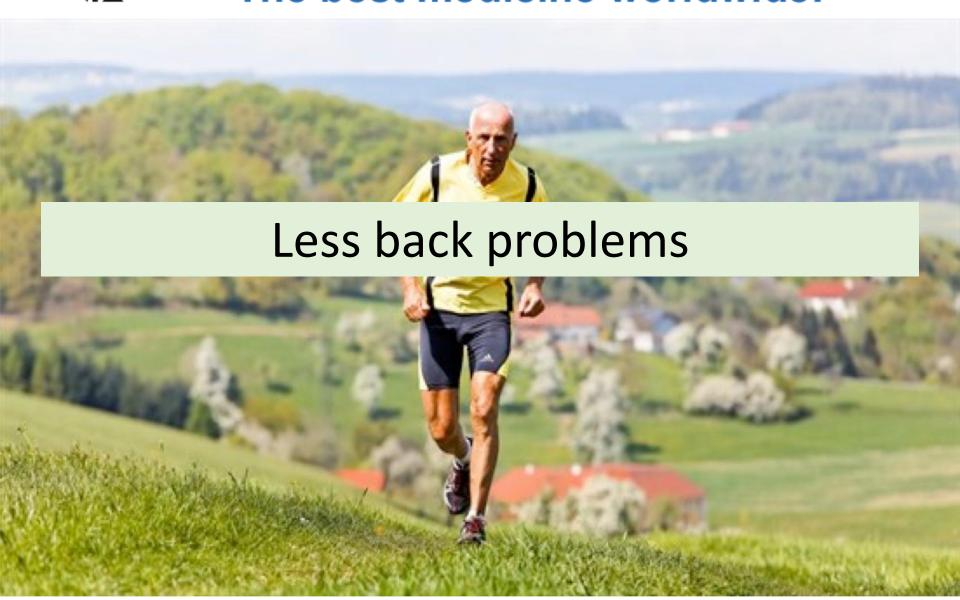




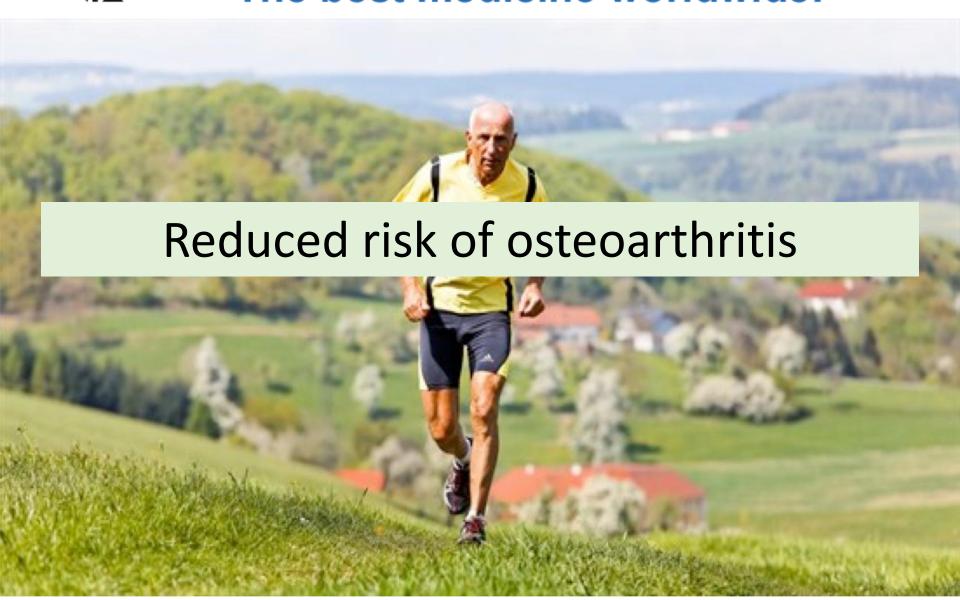




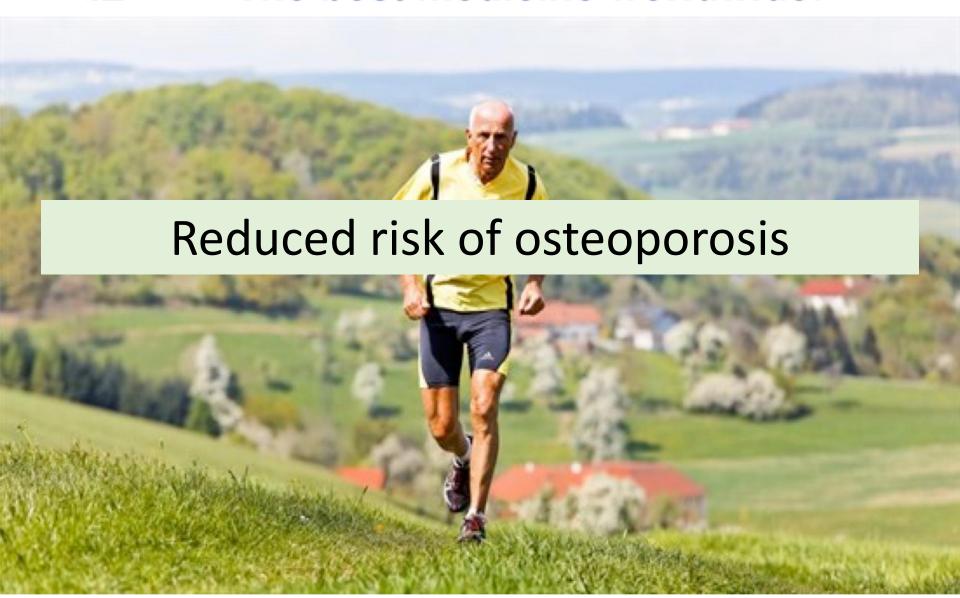




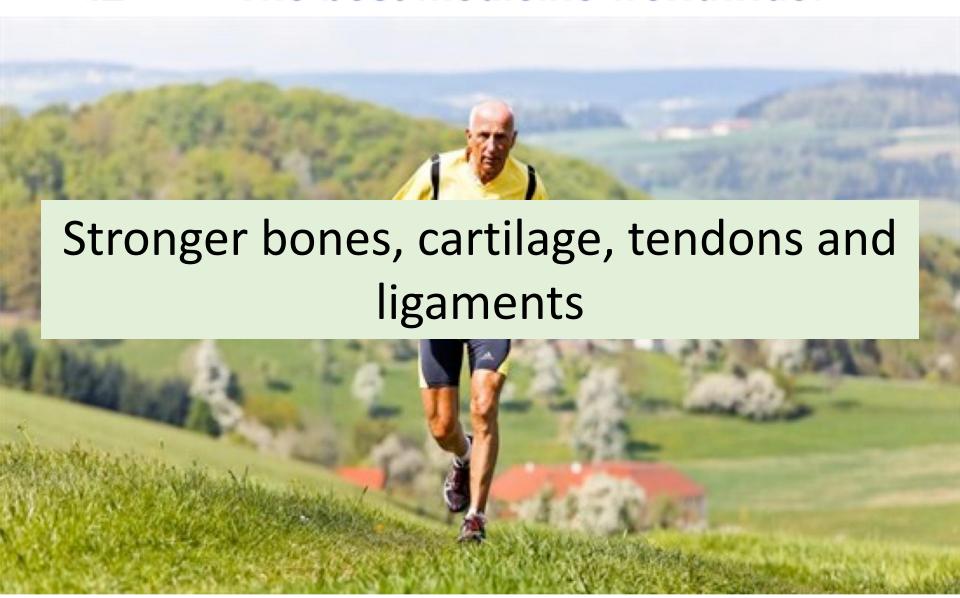








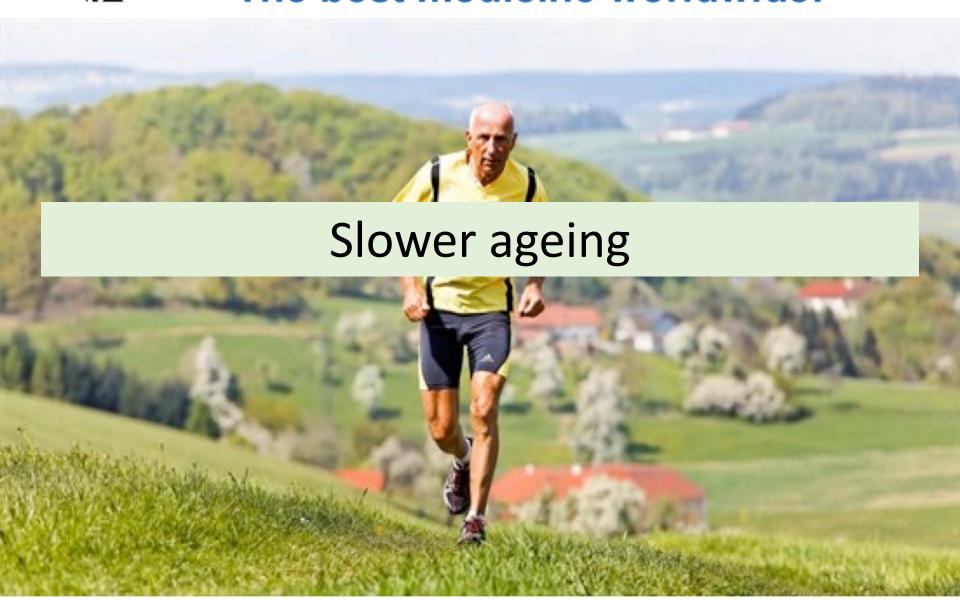








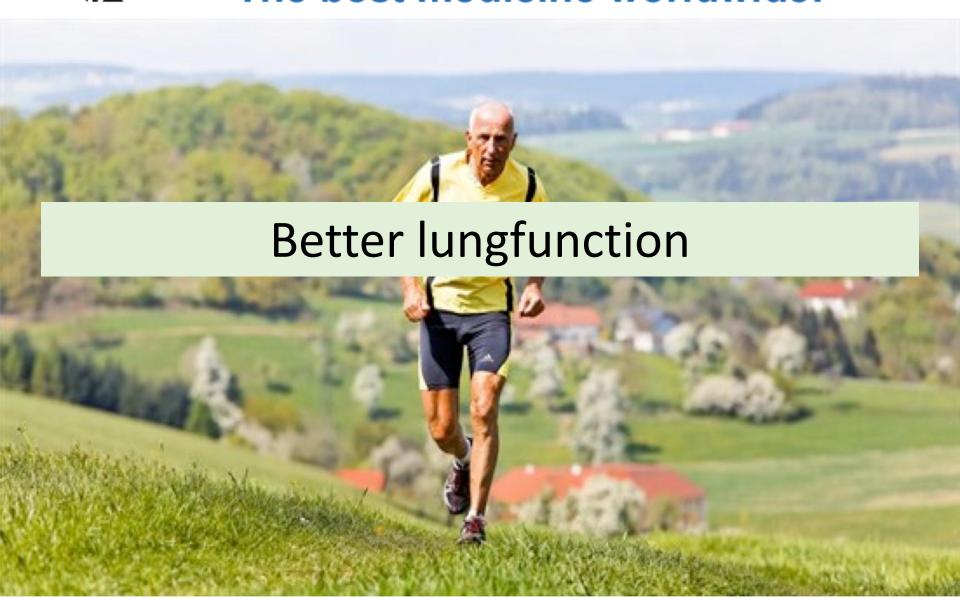




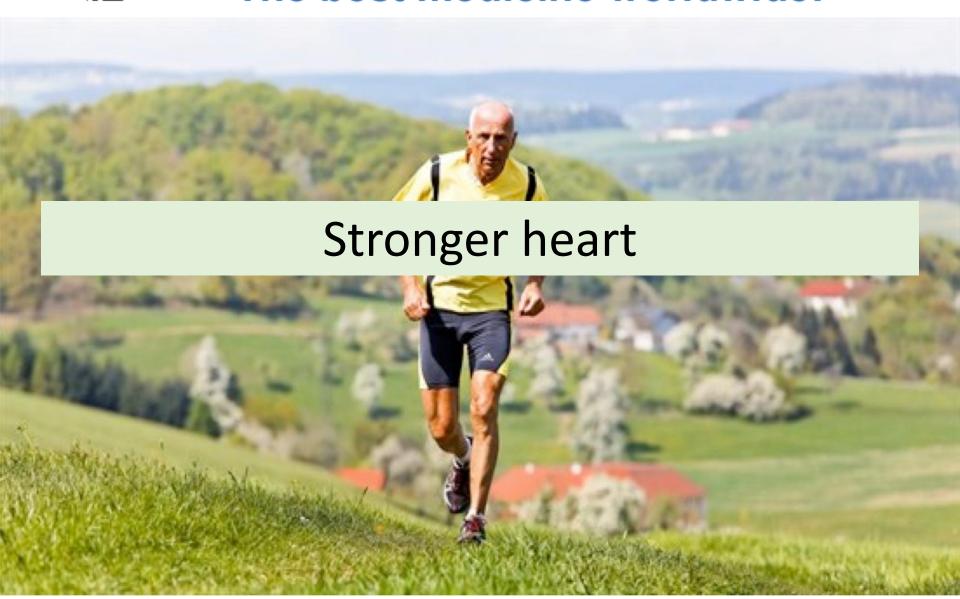




















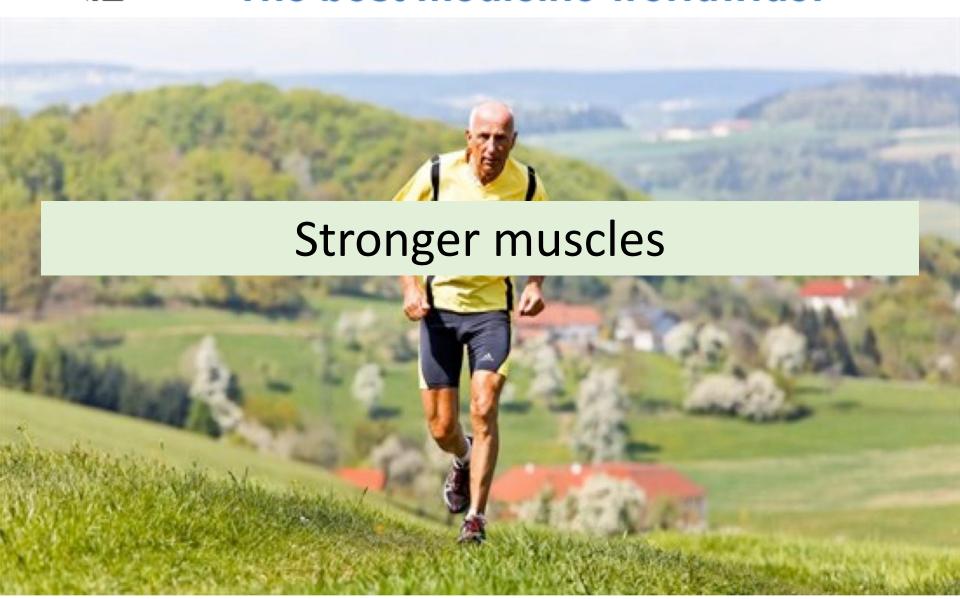








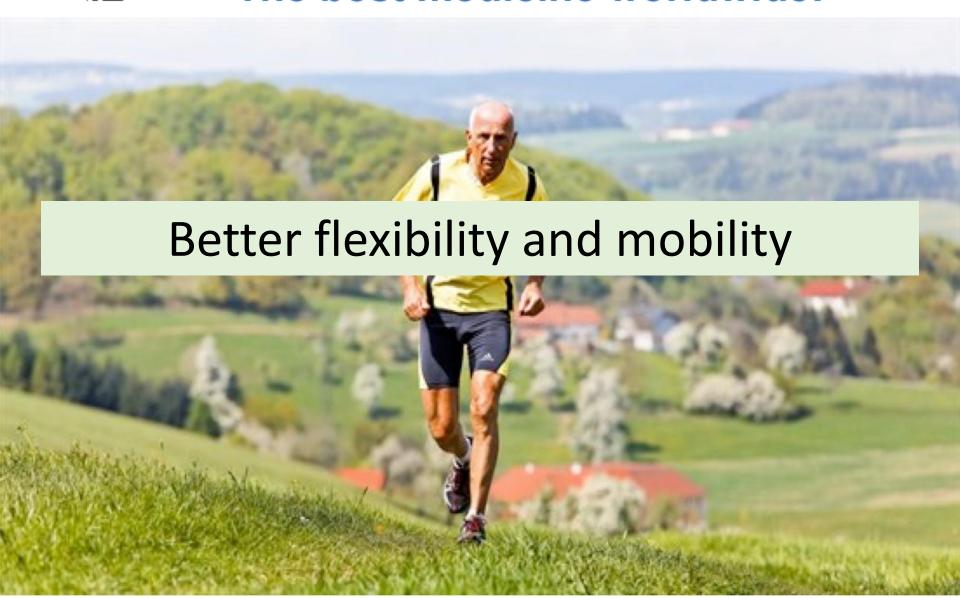


















# People who do not set of time to exercise must sooner or later set the time for illness

Earl of Derby, 1863