BE FIT.
LOOK GOOD.
FEEL STRONG.

5 EAT MORE THAN 5 SERVINGS OF FRUITS AND VEGGIES EVERY DAY
4 DRINK 4 GLASSES OF WATER EVERY DAY
3 GET 3 LOW FAT DAIRY FOODS EVERY DAY
2 SPEND LESS THAN 2 HOURS AT A T.V. OR COMPUTER EVERY DAY
1 TAKE 1 FULL HOUR TO GET A RUNNIN' AND A JUMPIN' EVERY DAY

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