

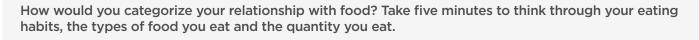


NOTES





REFLECTION QUESTIONS



If you don't regularly exercise, take time to create a light regimen that can fit your schedule (i.e. go on a 20-minute walk four times a week).

