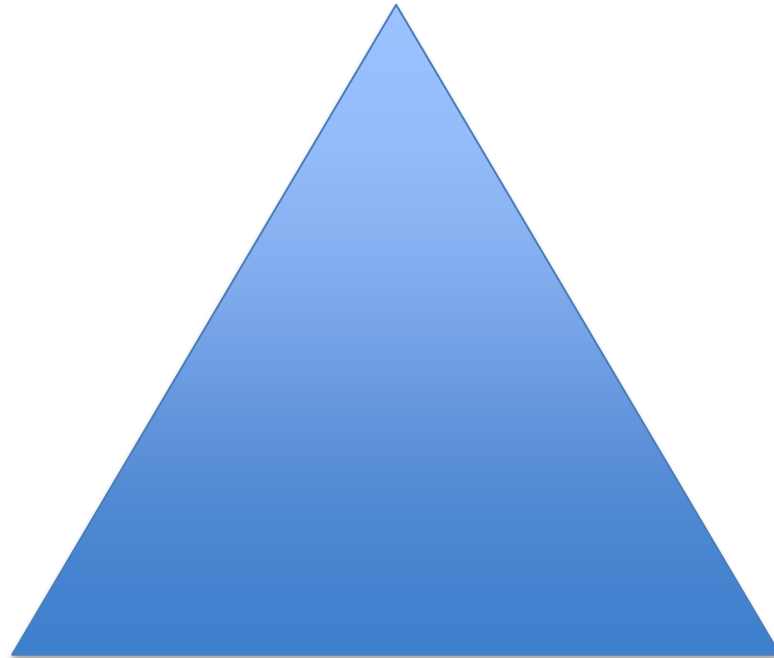


HEALTHY TRIANGLE

Diet



Sleep

Exercise