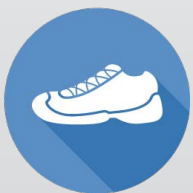




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small steps **to**

# BIG changes



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Active



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Blood Pressure



Control  
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Eat  
Better



Reduce  
Blood Sugar

Lose  
Weight

Stop  
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