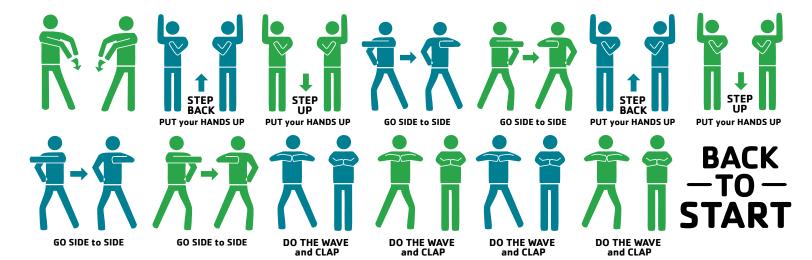




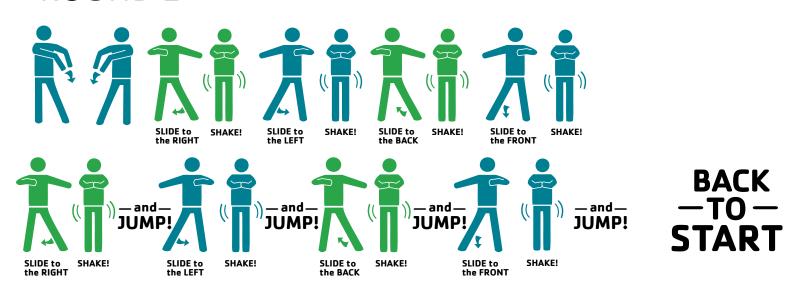
START



ROUND 1



ROUND 2



VISIT MOVETOTHEGROOVE.ORG

for more tips on how to get your healthy groove on





ROUND 3



BACK —TO — **START**

ROUND 4 - PUT IT ALL TOGETHER!

