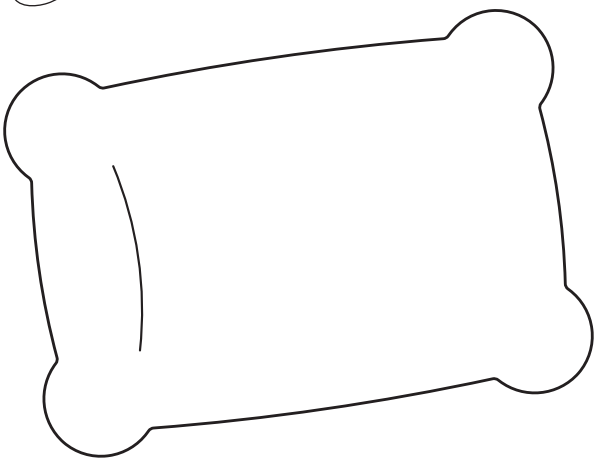
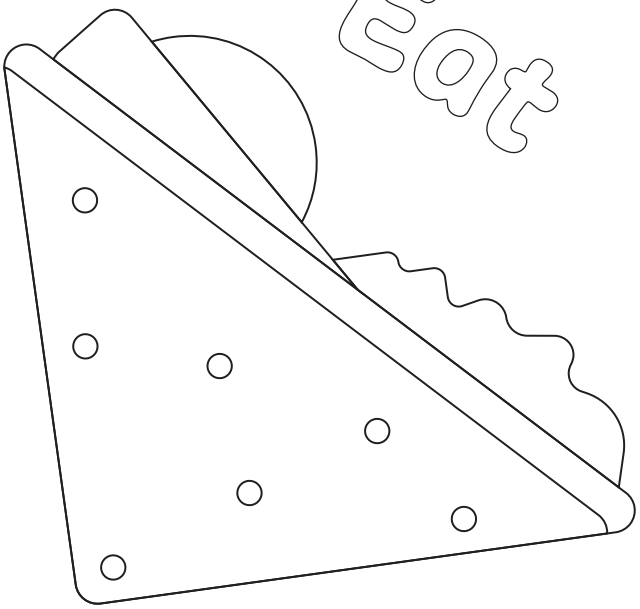
Energy

Sleep

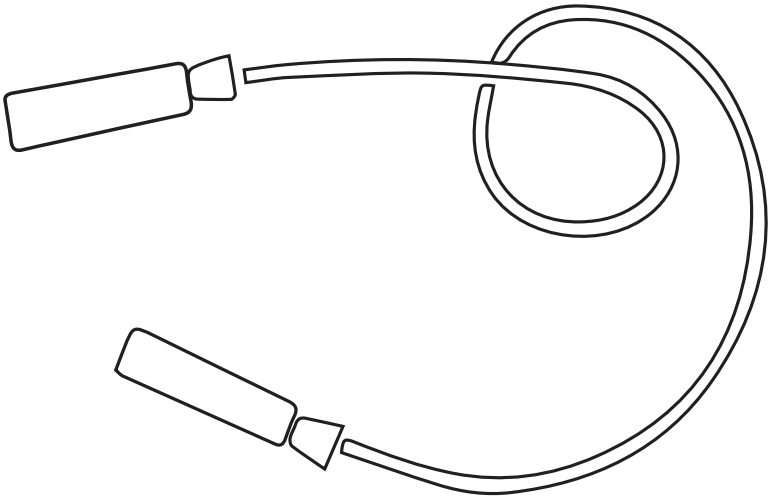
zzz

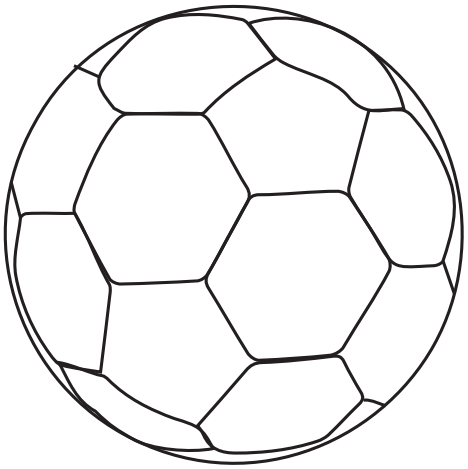


Eat



Exercise





THE LUNCH BAG

'Empowered, Educated Eating'