



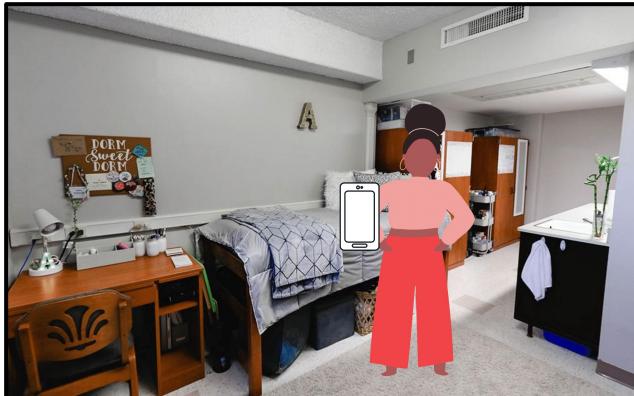
Julia is halfway through her first semester of college and constantly finds herself feeling sluggish, bloated, and low on energy. She wants to begin working out and making healthier choices but she doesn't even know where to start.



One day, Julia overhears a conversation between two girls on the elevator talking about where they're planning to go to lunch based on a suggestion made by the UofSC nutrition app.



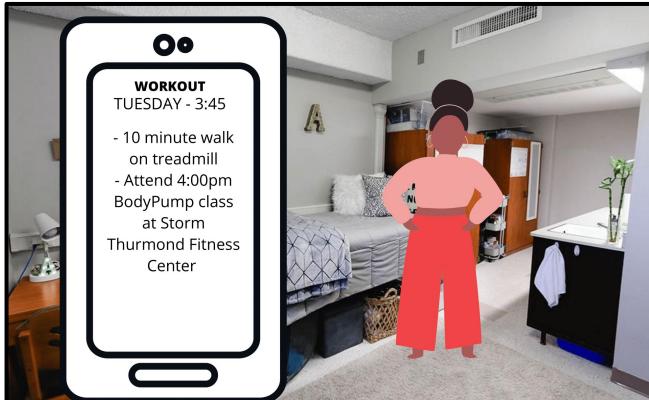
She asks them about it and they tell her how much they have learned from the app. They show her how to download it and create an account with her UofSC email.



Once in her room, Julia sets up her account. She doesn't need to lose weight but she wants to feel healthier, so she explores the options that the app has.



Julia enters her information into the app so that she can track her progress and get a guideline of where she should begin. She also chooses her goals.



The app tells Julia that she has enough time to go to the gym three times a week. She creates a schedule on the app and it provides her with her first basic workout plan.



The next day, Julia wakes up feeling motivated. She makes sure to have some fruit and yogurt for breakfast. Thanks to the app's guidance, she also realizes she has enough time to quickly stop at Russell and grab a healthy lunch in between her classes.



By the end of the semester, Julia has established a gym routine and healthier eating habits. Her energy levels are much higher and she finds herself even doing better in all of her classes. By the end of the semester, she feels more motivated than ever before and feels like she truly understands her own body's needs.



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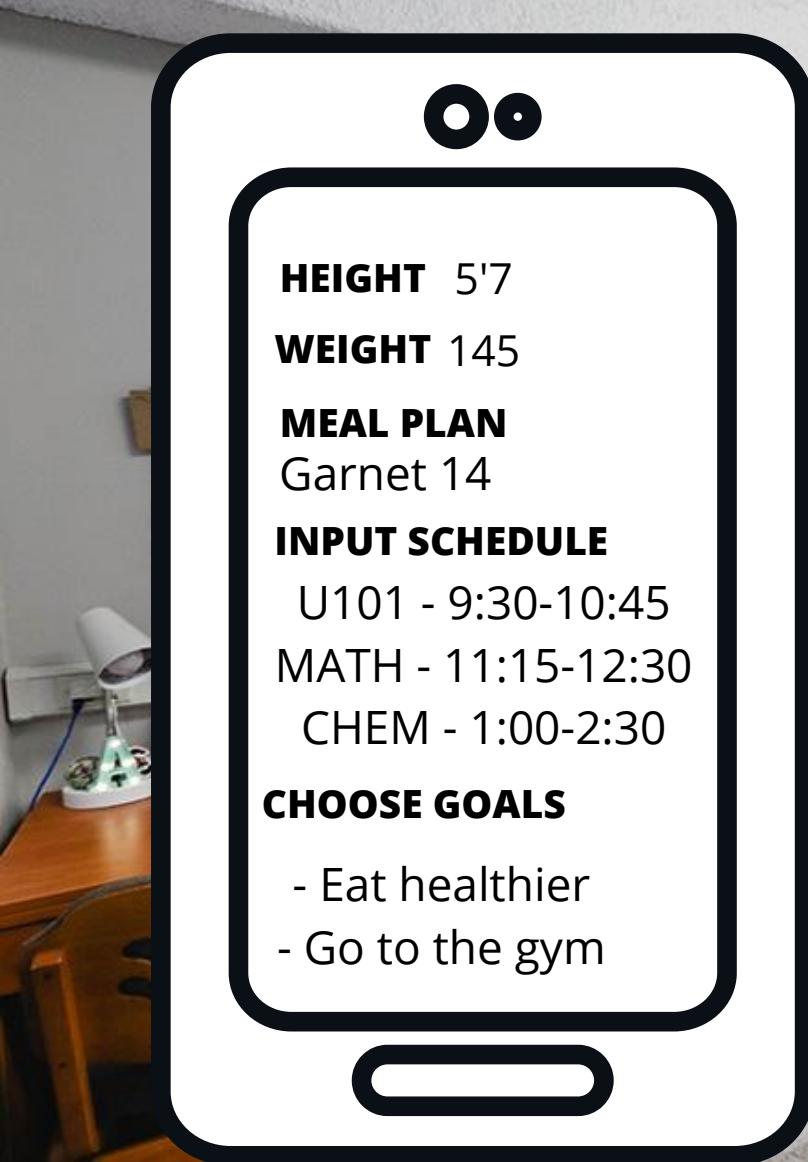
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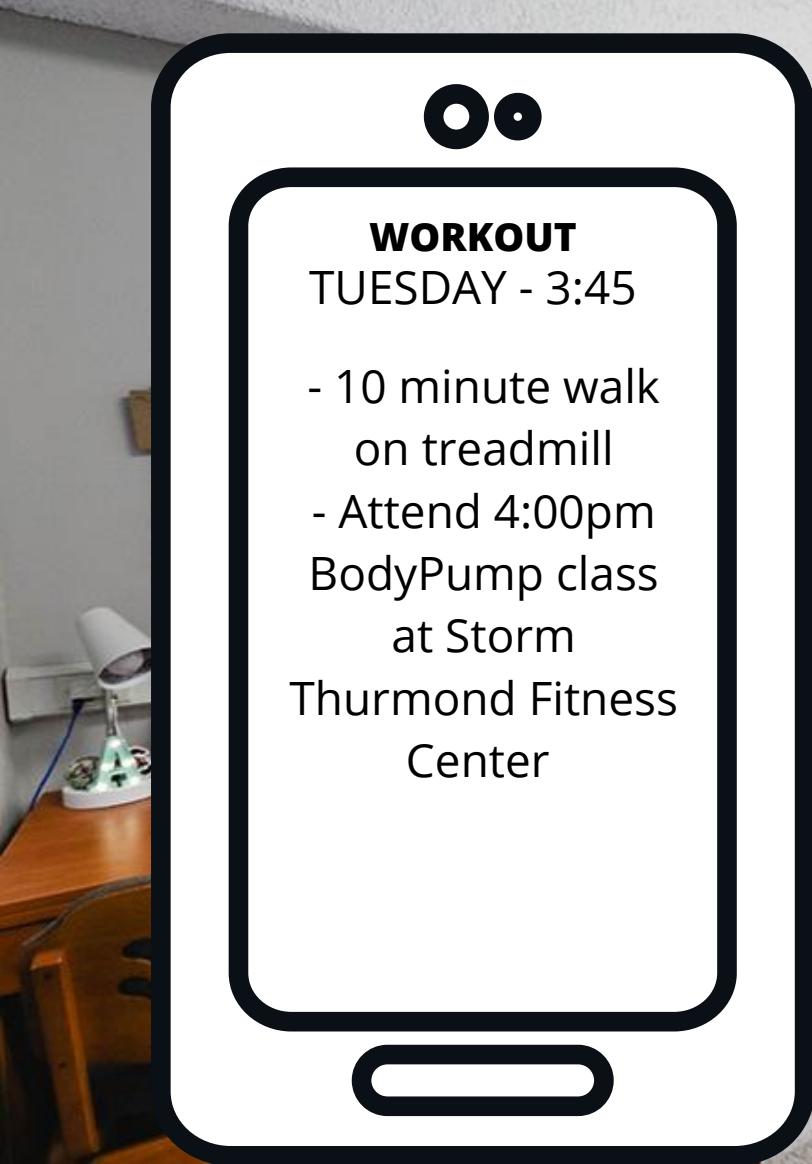
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