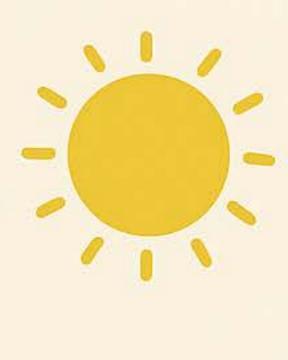


## PHYSICAL: CLARITY







Physical clarity means taking care of your body and understanding how your actions affect your health and energy. Eating well, moving your body, resting, and staying active help support your physical well-being.

