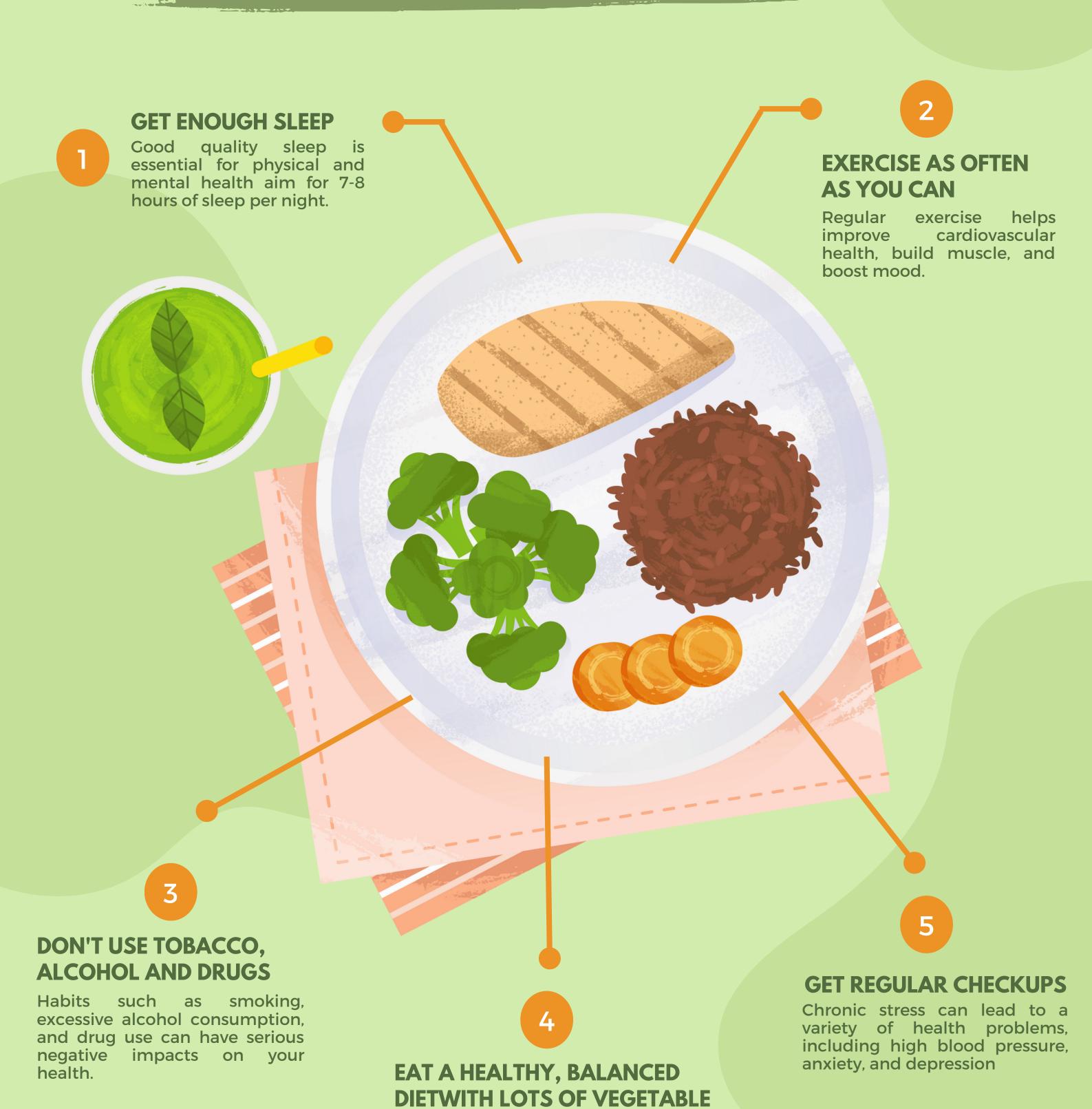
5 STEPS TO MAINTAIN YOUR HEALTH



A balanced diet provides your body with the essential nutrients it needs to

function properly.