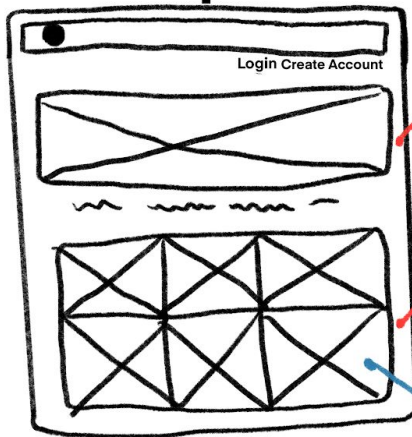


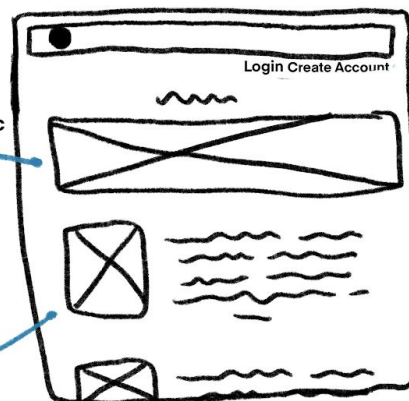
Recipes



There will be a banner like graphic at the top of the page with a description underneath explaining the content on the page

This will be graphic boxes showcasing the different selections of recipe types that a user can select (low-fat, vegetarian, etc.)

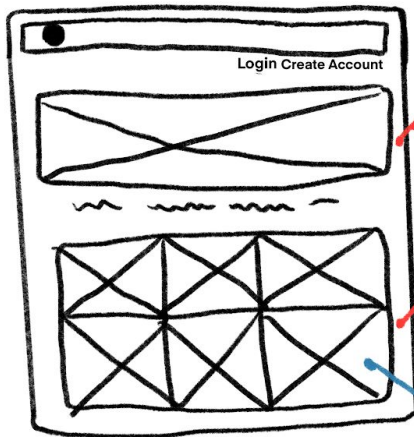
Recipe type selected



The top of the page will include the recipe type with a graphic highlighting the page

The bottom portion will include picture of the completed dish, aside with simple instructions and ingredients for preparing it

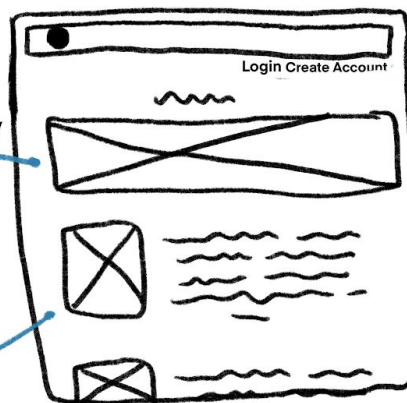
Workout



There will be a banner like graphic at the top of the page with a description underneath explaining the content on the page

This will be graphic boxes showcasing the different selections of exercises the user can select from targeting different areas of the body.

Target workout group selected



The top of the page will include the area of the body being targeted with a graphic

The bottom portion will include the actual exercises with a picture and a description explaining how to do it.