

1. **MOVE** A LITTLE MORE THAN YOU CURRENTLY DO
EACH DAY

2. EAT A LITTLE BIT MORE **"ADULT-LIKE"** THAN YOU
CURRENTLY DO EACH DAY.

ZARATE



FITNESS

CONGRATS! YOU JUST SAVED YOURSELF **HUNDREDS**
OF DOLLARS AND MORE YEARS OF CHASING FALSE HOPE.

GO BE THE **AWESOMELY** HEALTHY ADULT YOU WERE BORN
TO BECOME.