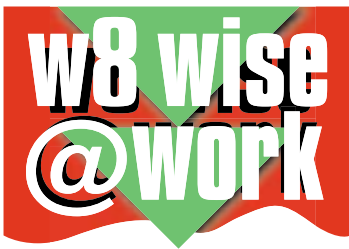


# Get fit, get active @ work



Want to stay in shape?  
Research tells us that  
the best way to do  
this is to combine  
regular physical  
activity with a healthy  
balanced diet.

