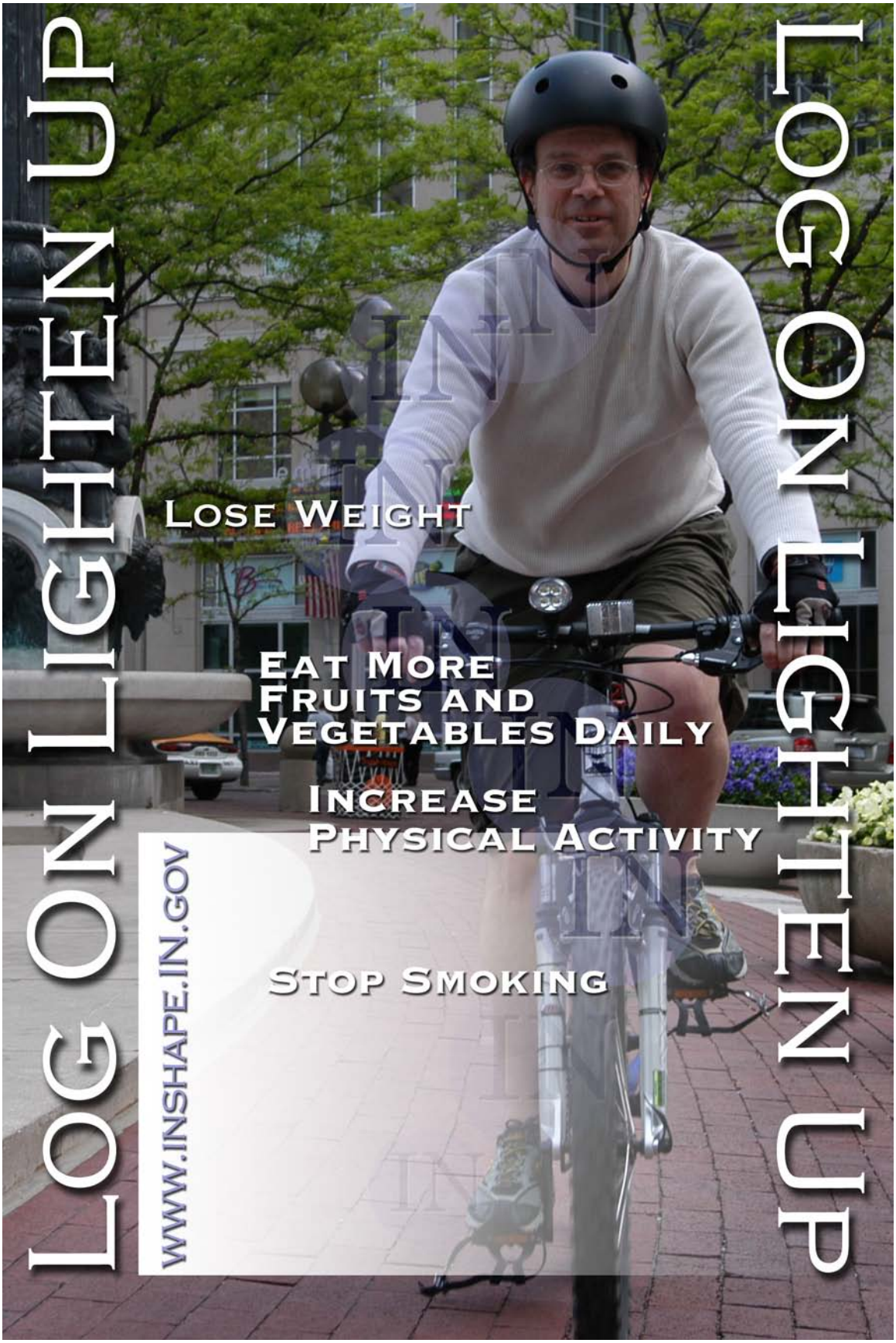
LOG ON LIGHTEN UP
LOG ON LIGHTEN UP
LOSE WEIGHT
EAT MORE
FRUITS AND
VEGETABLES DAILY
INCREASE
PHYSICAL ACTIVITY
STOP SMOKING
WWW.INSHAPE.IN.GOV