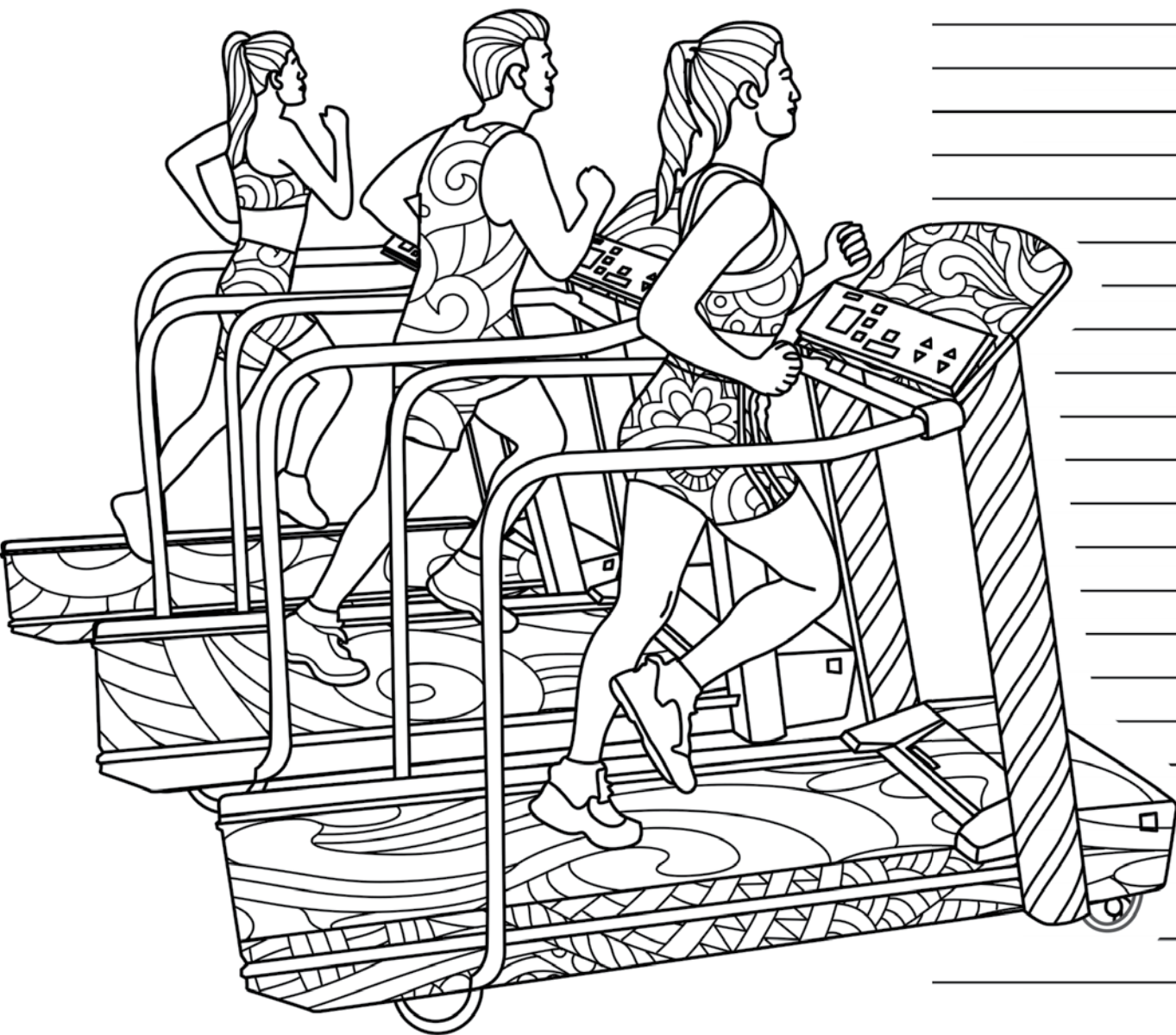




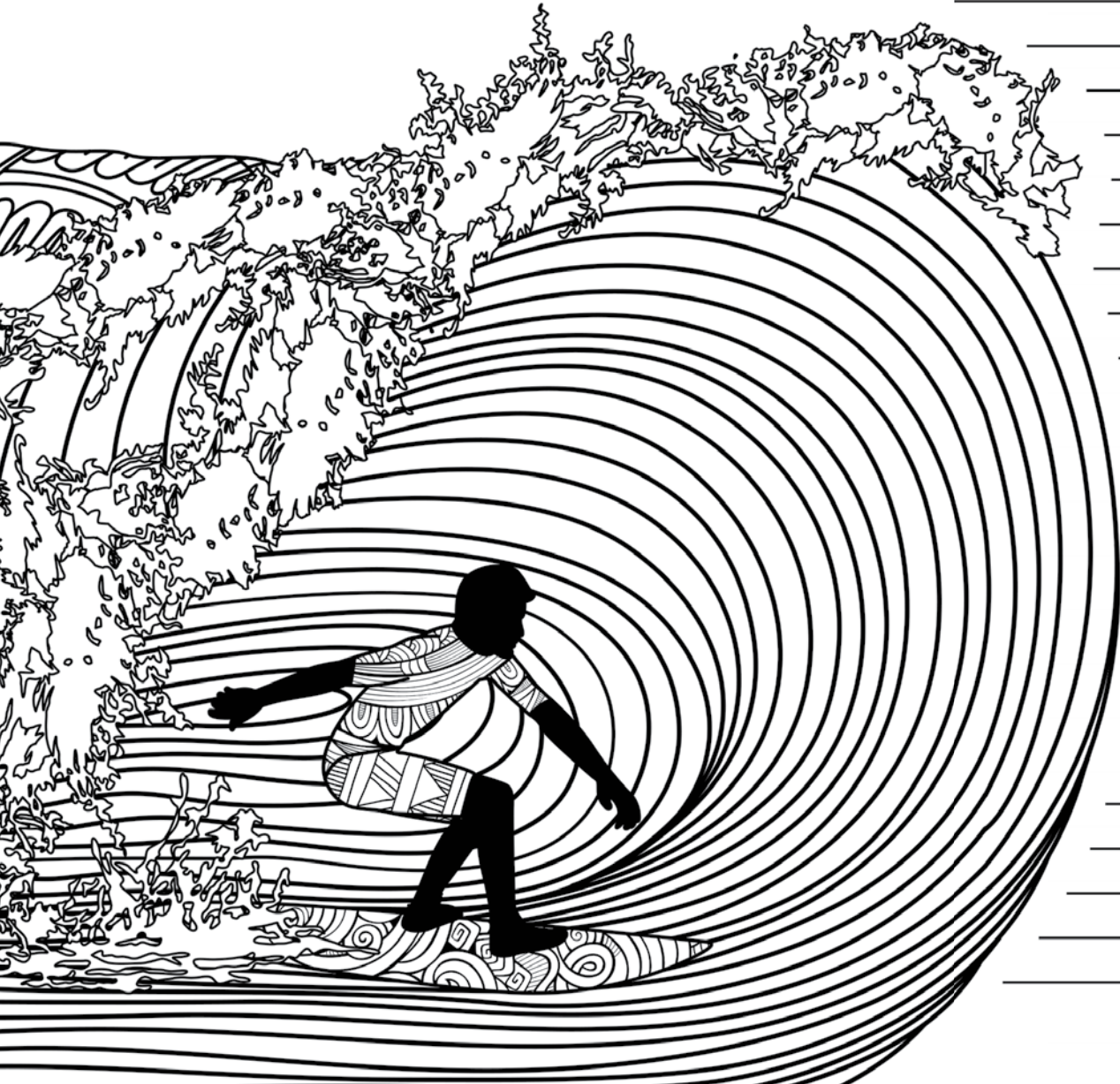
Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.

-John F. Kennedy



He who lives in harmony with himself, lives in  
harmony with the universe.

-Marcus Aurelius





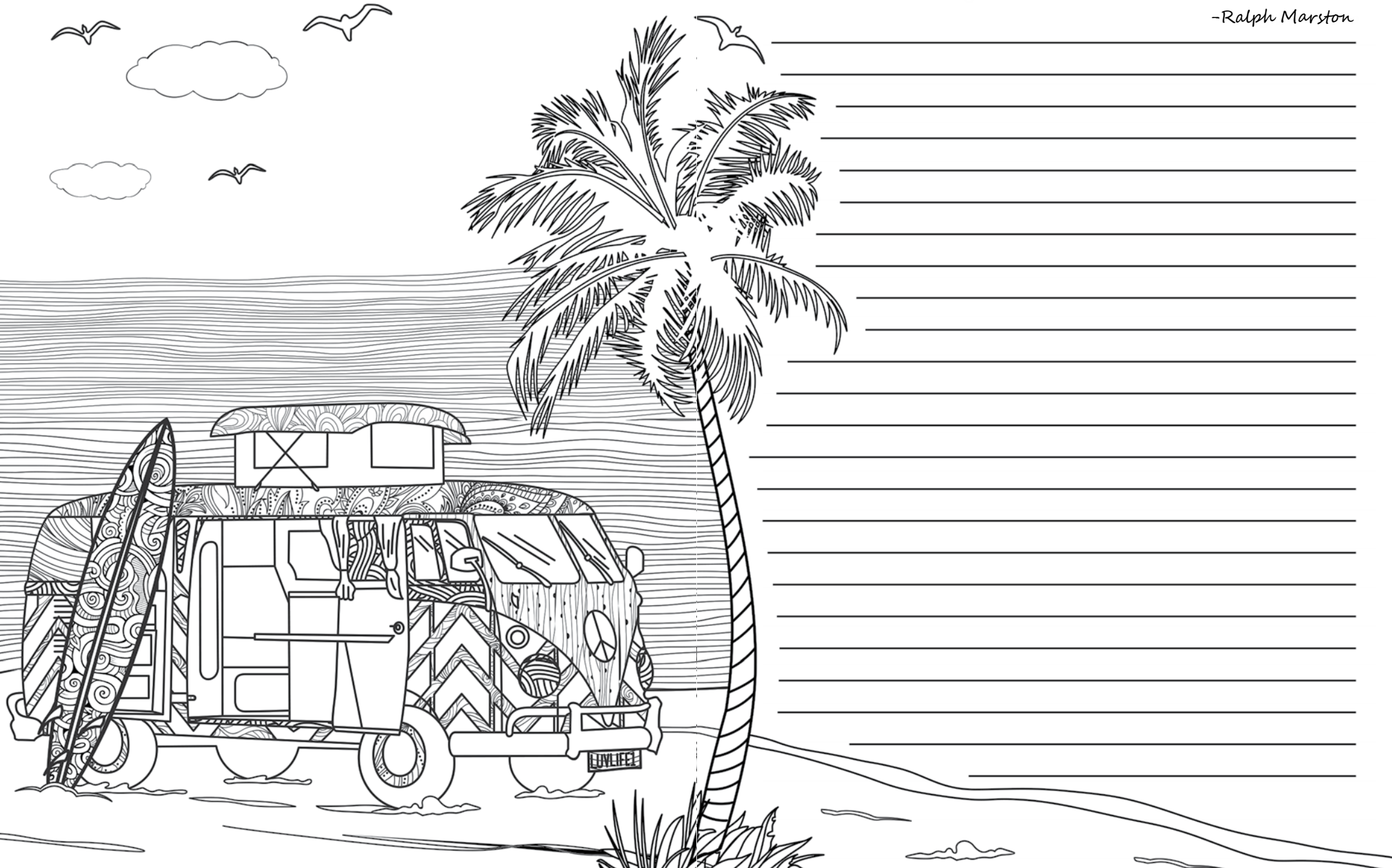






Rest when you're weary. Refresh and renew yourself, your body, your mind, your spirit. Then get back to work.

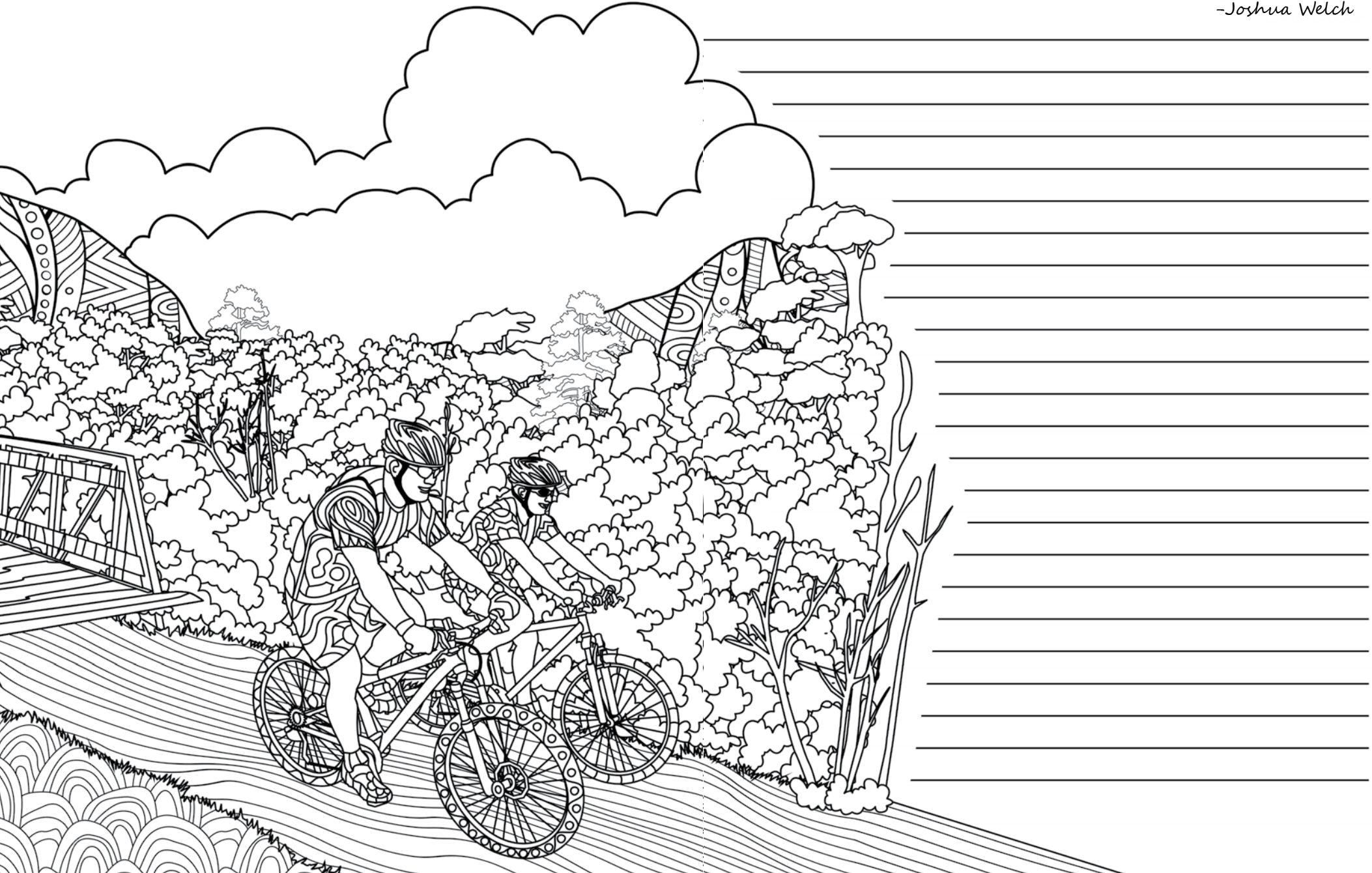
-Ralph Marston





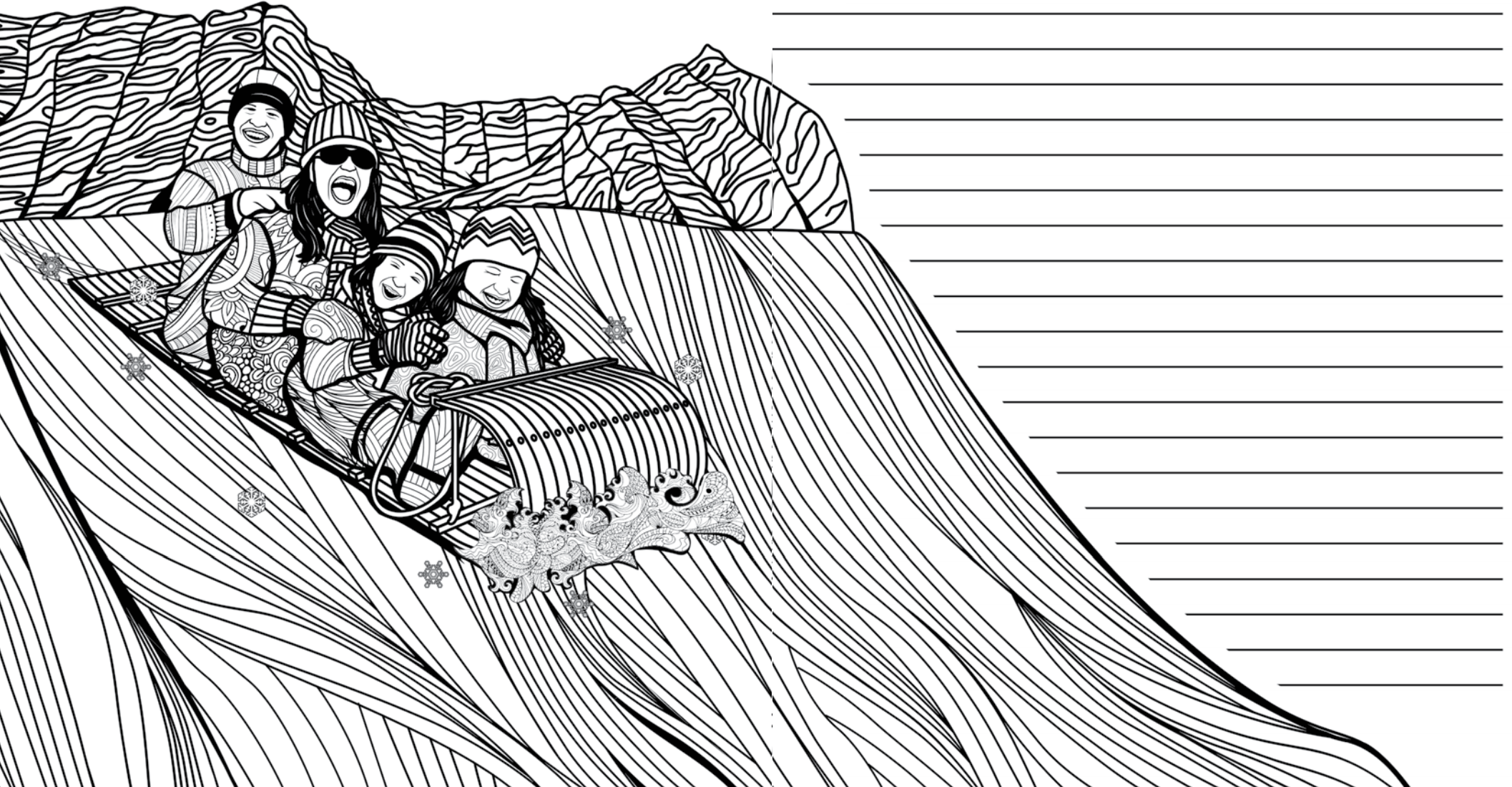
Wellness is a connection of paths: knowledge  
and action

-Joshua Welch

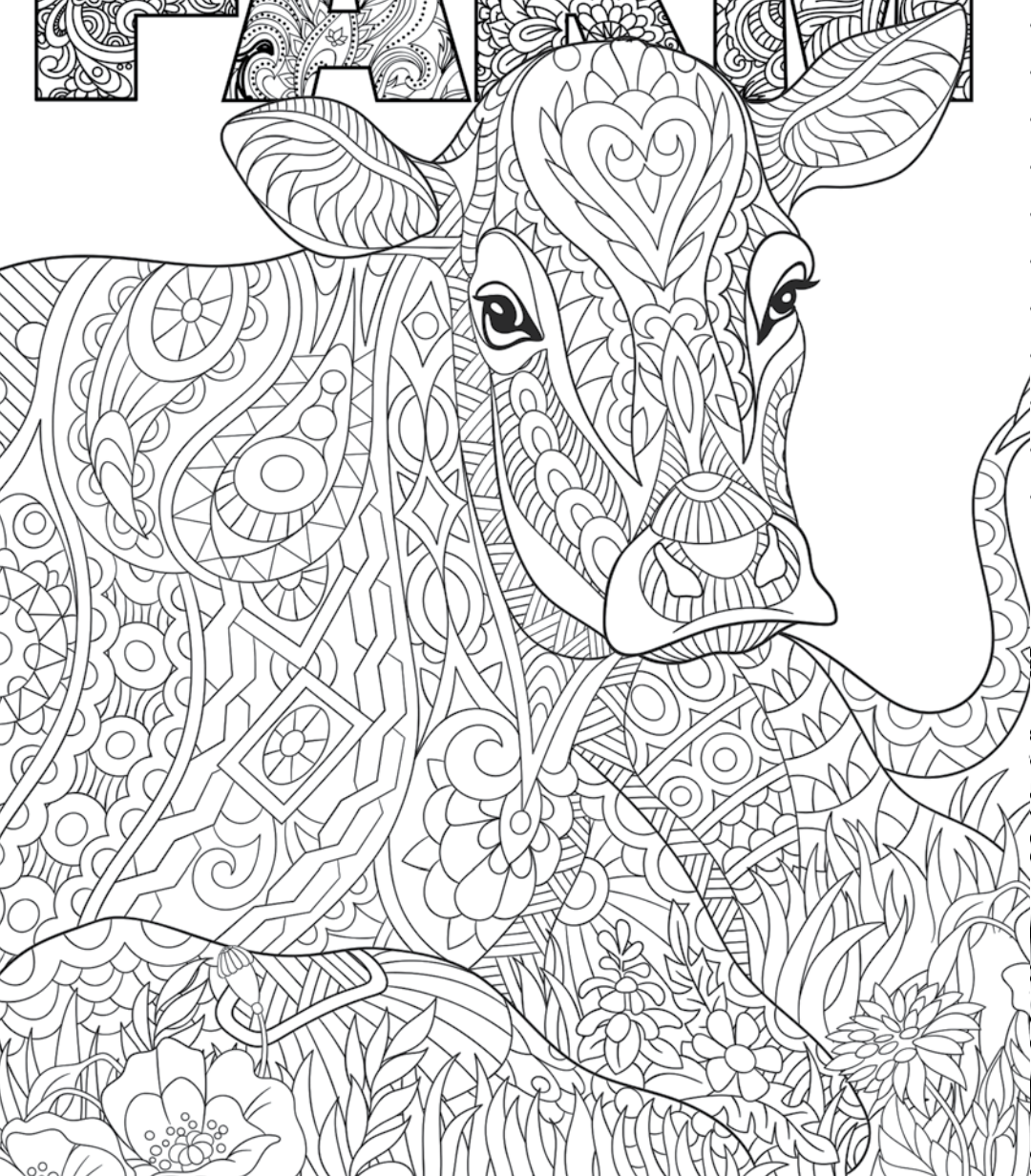


The best and most beautiful things in the world  
cannot be seen or even touched – they must be felt with  
the heart.

-Helen Keller



# FARM



The doctor of the future will no longer treat the human frame with drugs, but rather will cure and prevent disease with nutrition.

-Thomas Edison

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# TO TABLE





The secret of change is to focus all of your energy, not on fighting the old, but on building the new.

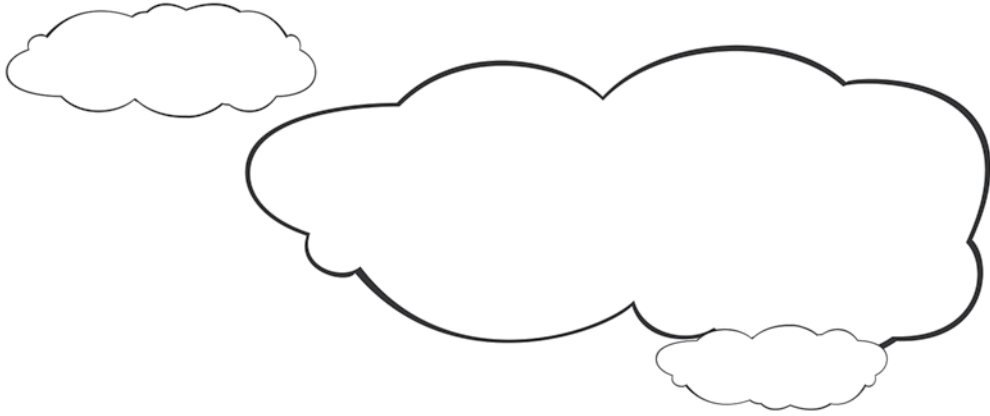
-Socrates



A series of horizontal lines for writing, starting from the top right and extending down the page.

Life is like riding a bicycle. To keep your balance, you must keep moving.

-Albert Einstein



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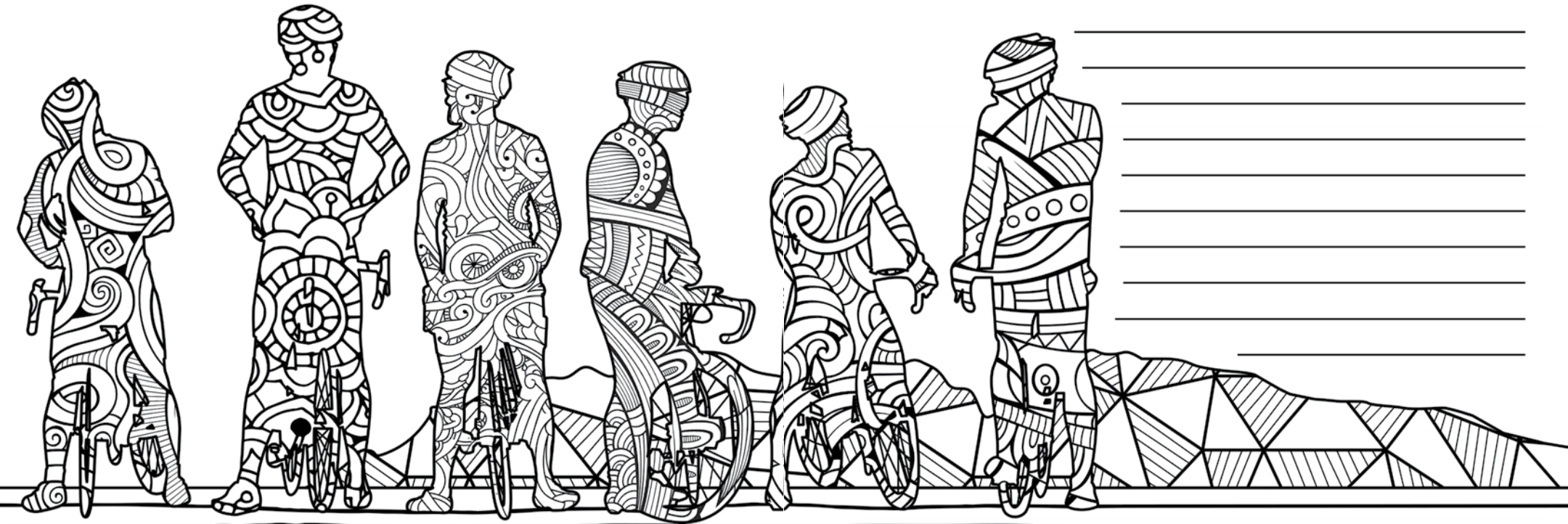
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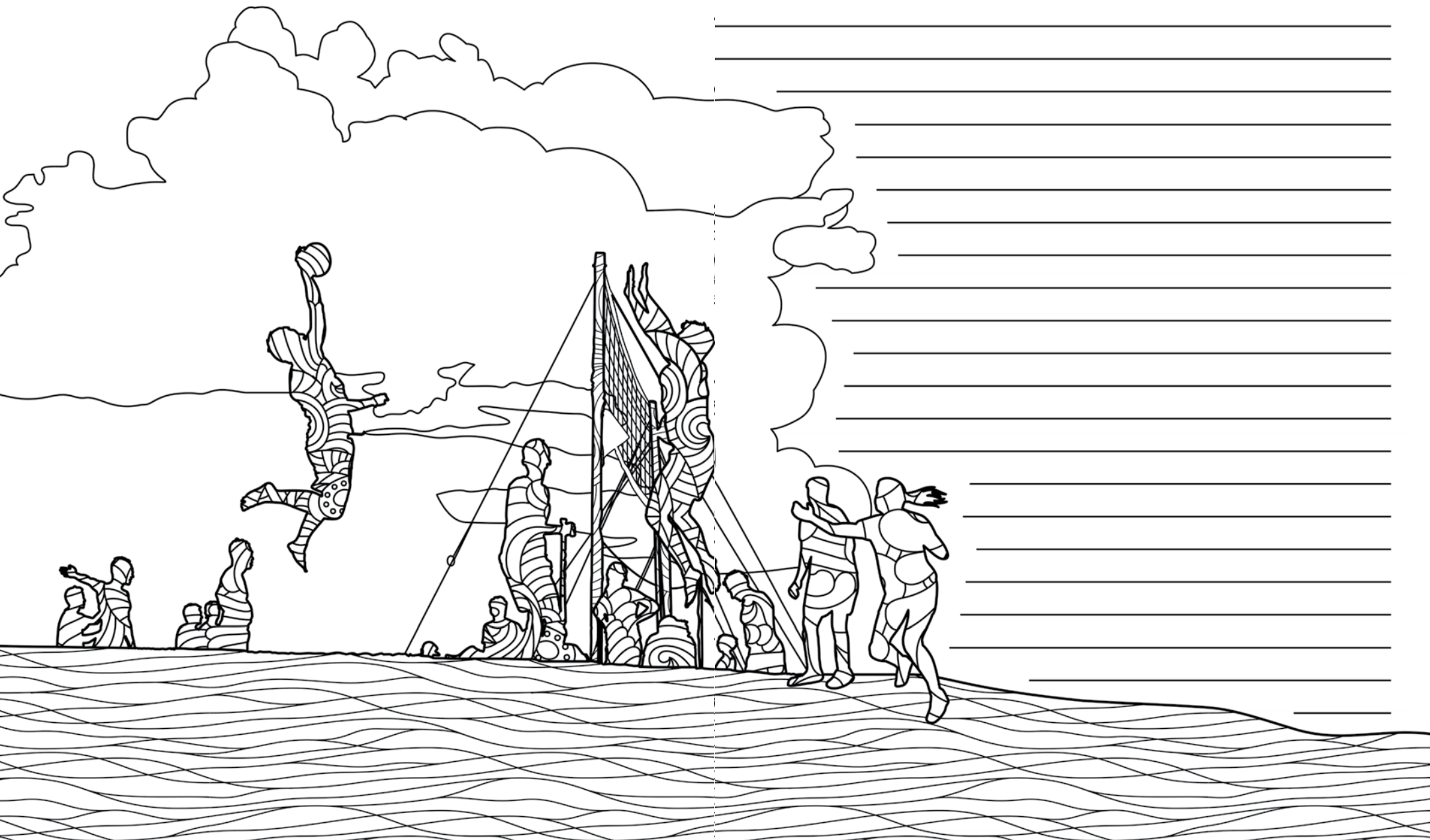






*Life is not merely being alive, but being well.*

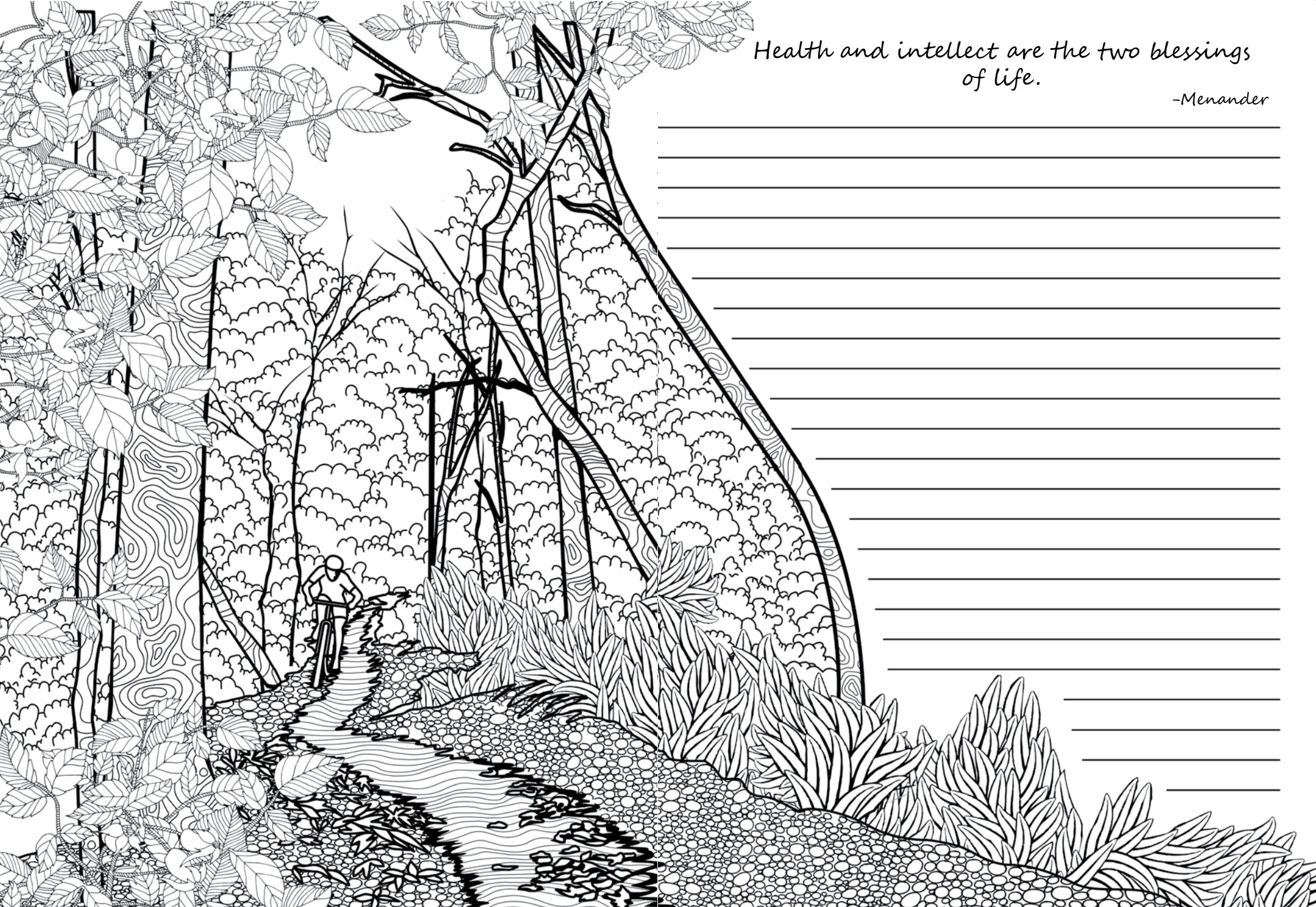
*-Marcus Valerius Martialis*





*Health and intellect are the two blessings  
of life.*

*-Menander*





*Take care of your body. It's the only place you have to live.*

*-Jim Rohn*

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Breathe



A healthy outside starts from the inside.

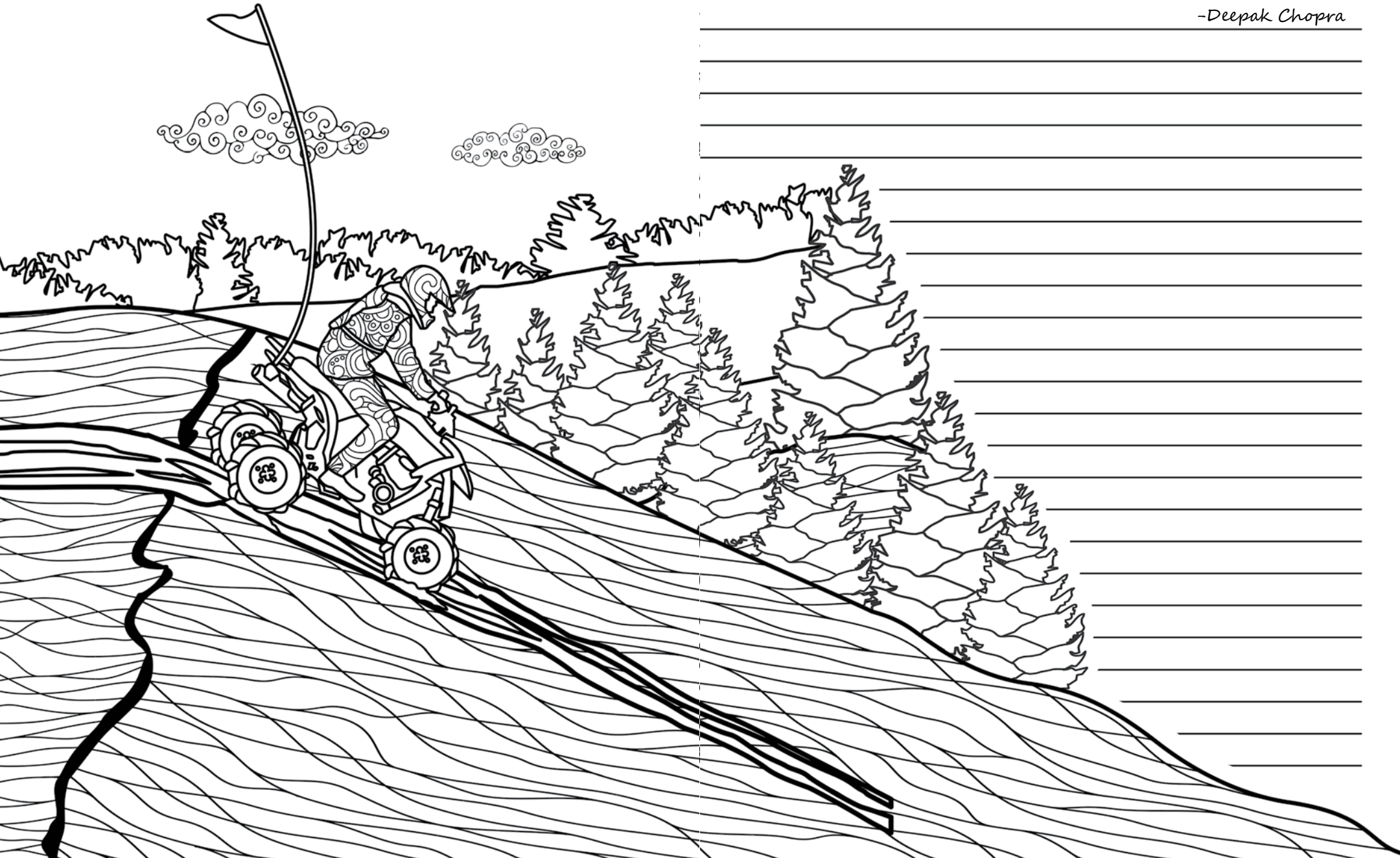
-Robert Urich





In the midst of movement and chaos, keep stillness  
inside of you.

-Deepak Chopra



Choosing to be positive and having a grateful attitude is going to determine how you're going to live your life.

-Joel Osteen





