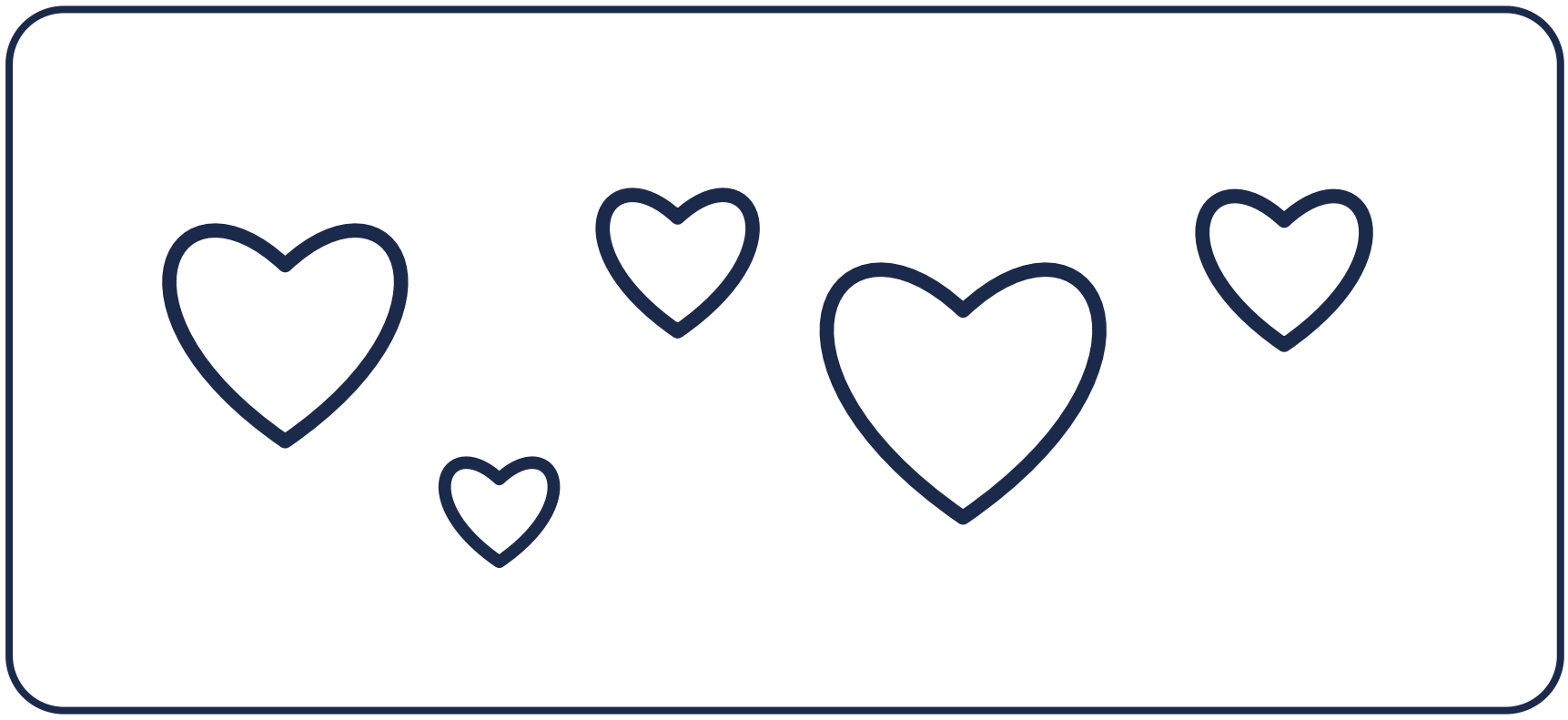
Move in a way you enjoy.



Start small. Every bit of movement counts.