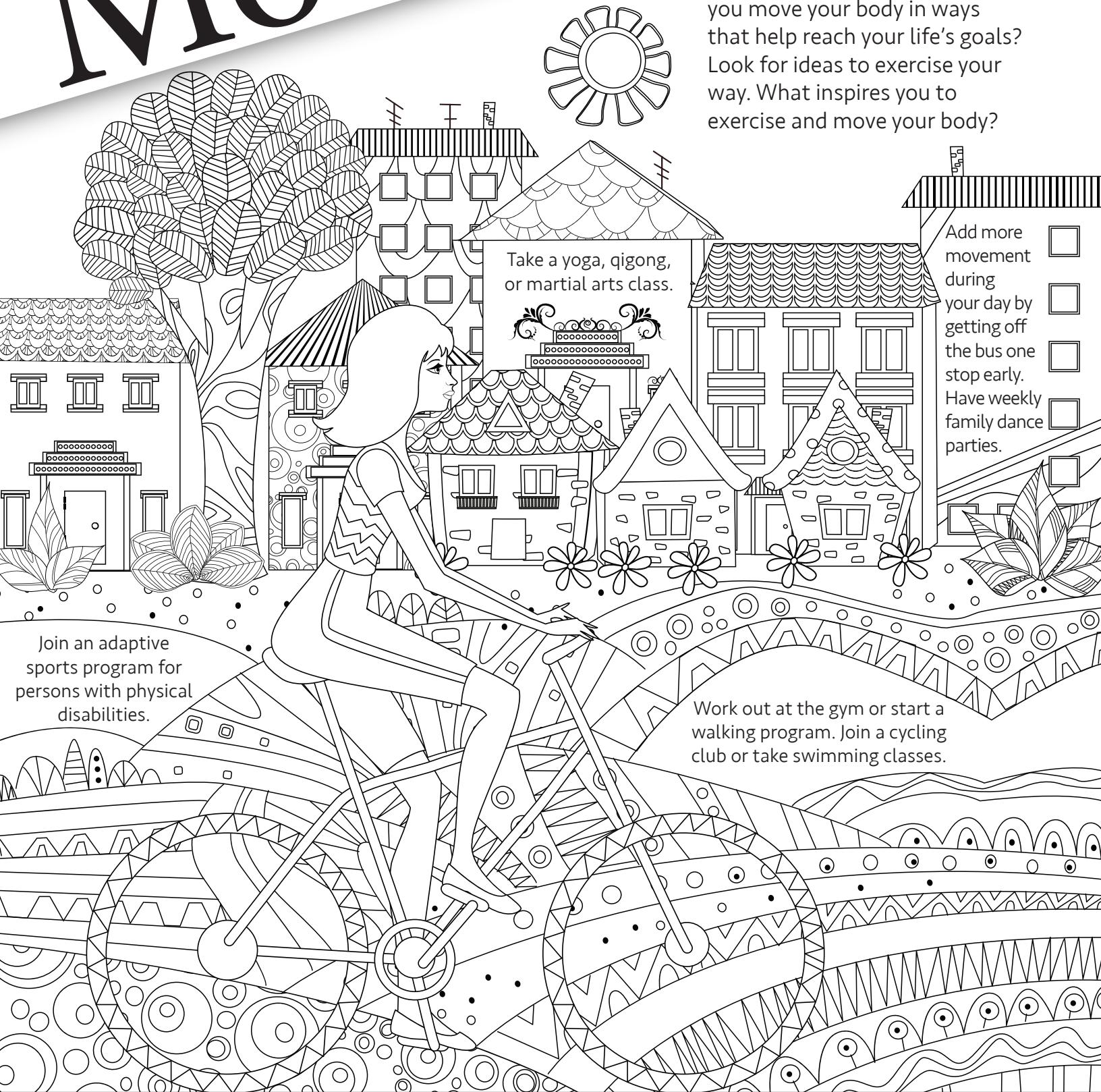
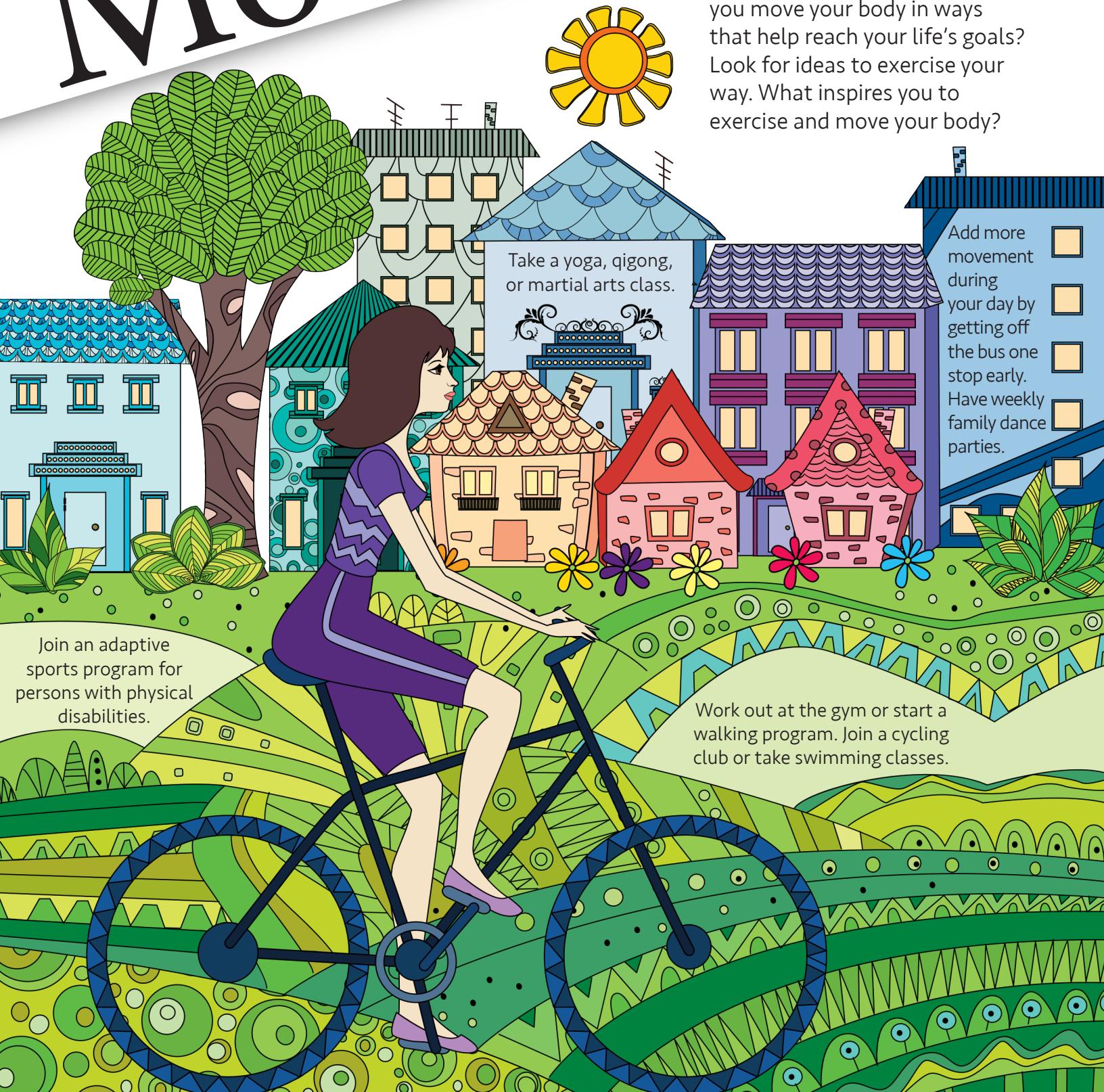


# Find Your Ways to Move



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When setting exercise goals, reflect on the big picture. Can you move your body in ways that help reach your life's goals? Look for ideas to exercise your way. What inspires you to exercise and move your body?