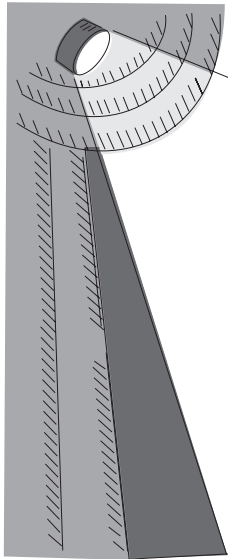
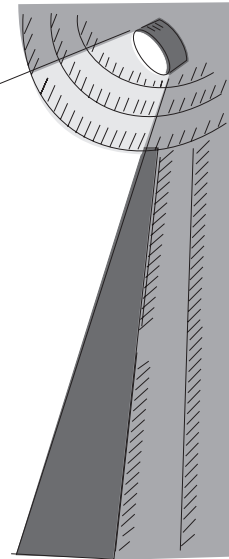


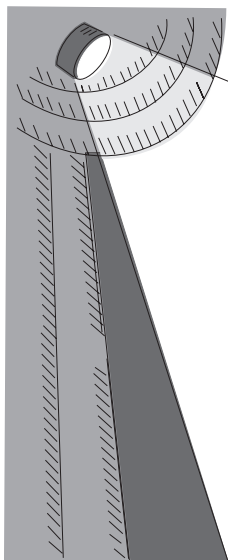
Eat Well & Keep Moving Mondays



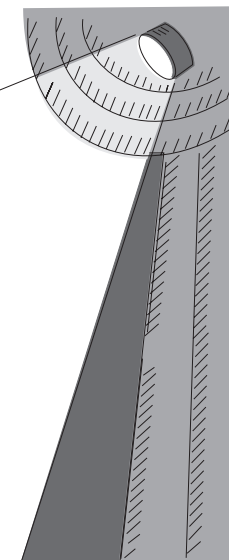
This Monday
presenting



Eat Well & Keep Moving Tuesdays



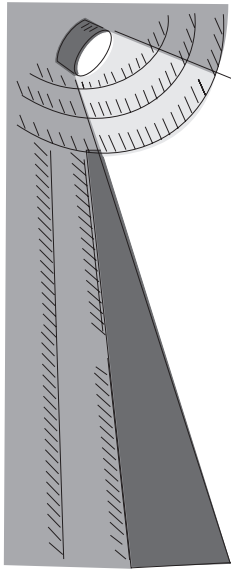
This Tuesday
presenting



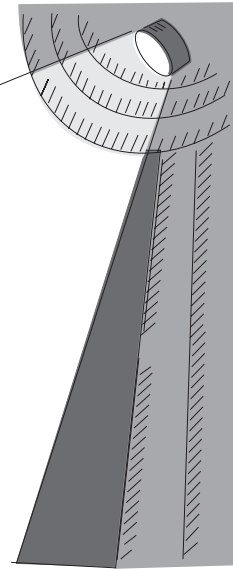
From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

(continued)

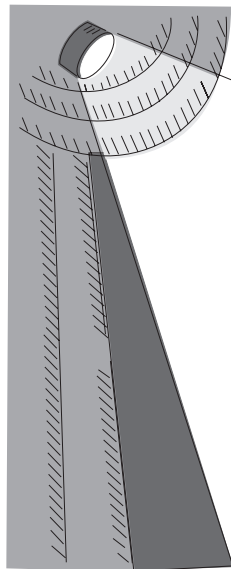
Eat Well & Keep Moving Wednesdays



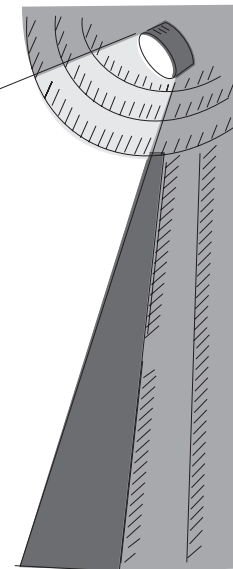
This Wednesday
presenting



Eat Well & Keep Moving Thursdays



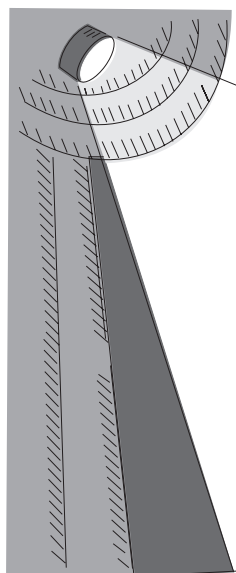
This Thursday
presenting



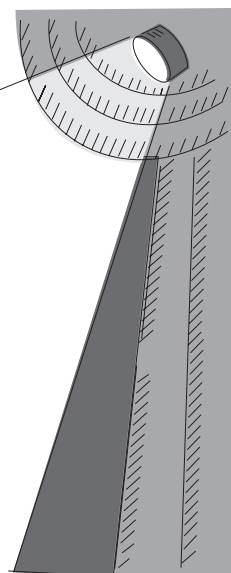
From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).

(continued)

Eat Well & Keep Moving Fridays



This Friday
presenting



From L.W.Y. Cheung, H. Dart, S. Kalin, B. Otis, and S.L. Gortmaker, 2016, *Eat Well & Keep Moving*, 3rd ed. (Champaign, IL: Human Kinetics).