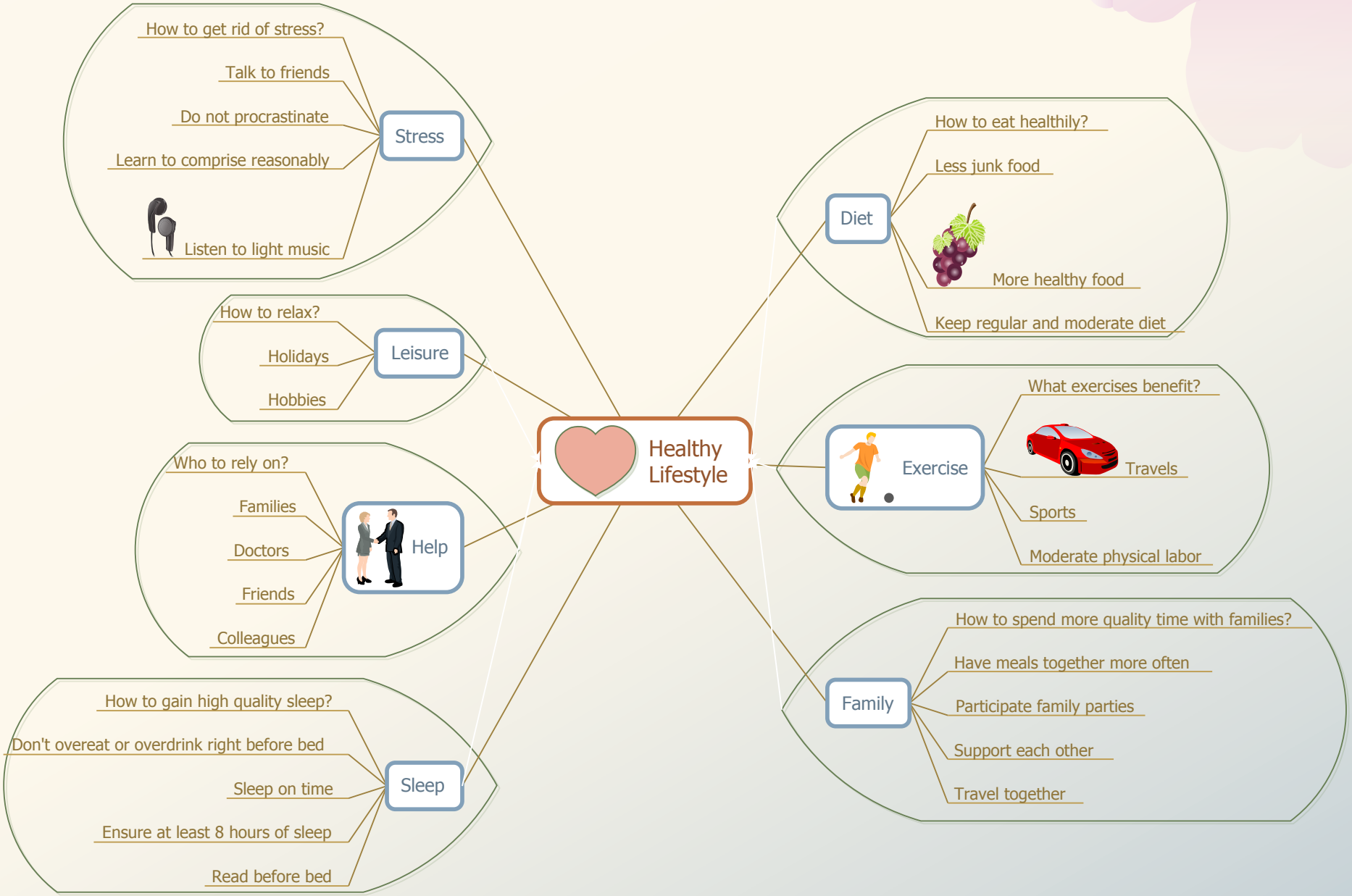Healthy Lifestyle