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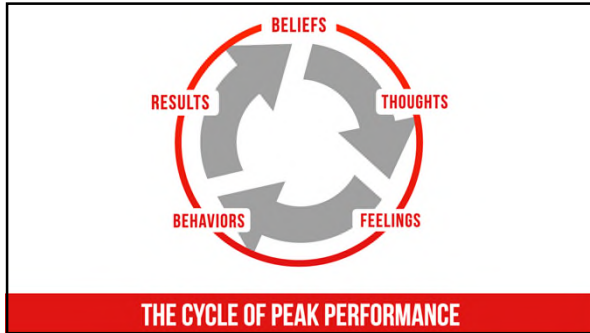
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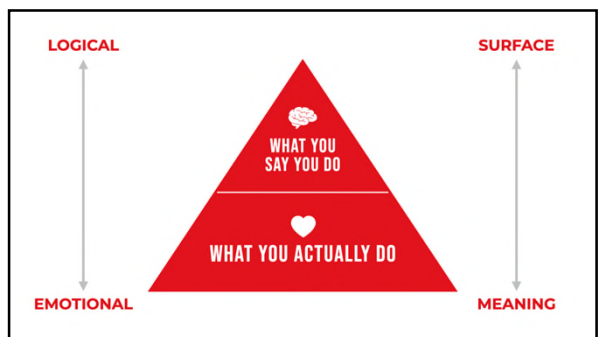


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GOT BELIEFS?

- LEADERSHIP
- WORTH
- COLLABORATION
- GROWTH
- TRUST
- CONFLICT
- CHANGE

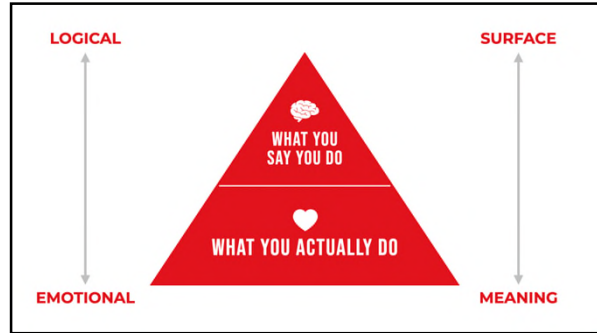
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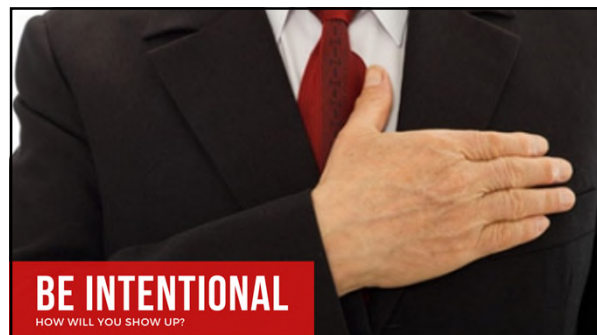
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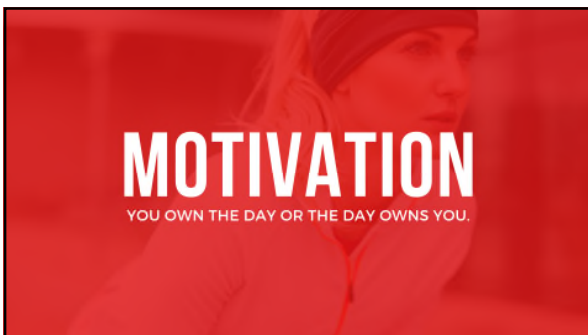
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WHAT ARE THE
MOST IMPORTANT THINGS
YOU CAN DO IN THE
VITAL 4%?

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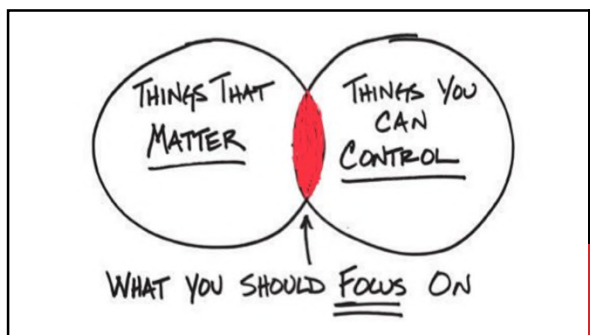
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BENEFITS OF EXERCISE		
PHYSICAL	MENTAL	EMOTIONAL
Better Sleep	Cognitive Function	Self-Esteem
Immune Function	Mental Alertness	Happiness
Stronger Bones	Reduced Depression	Less Stress
Stronger Muscles	Mental Health	More Confidence
More Energy	Increased Focus	Boosts Mood
Anti-Aging	Brain Health	Less Anger
Better Posture	Productivity	Better Relationships

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