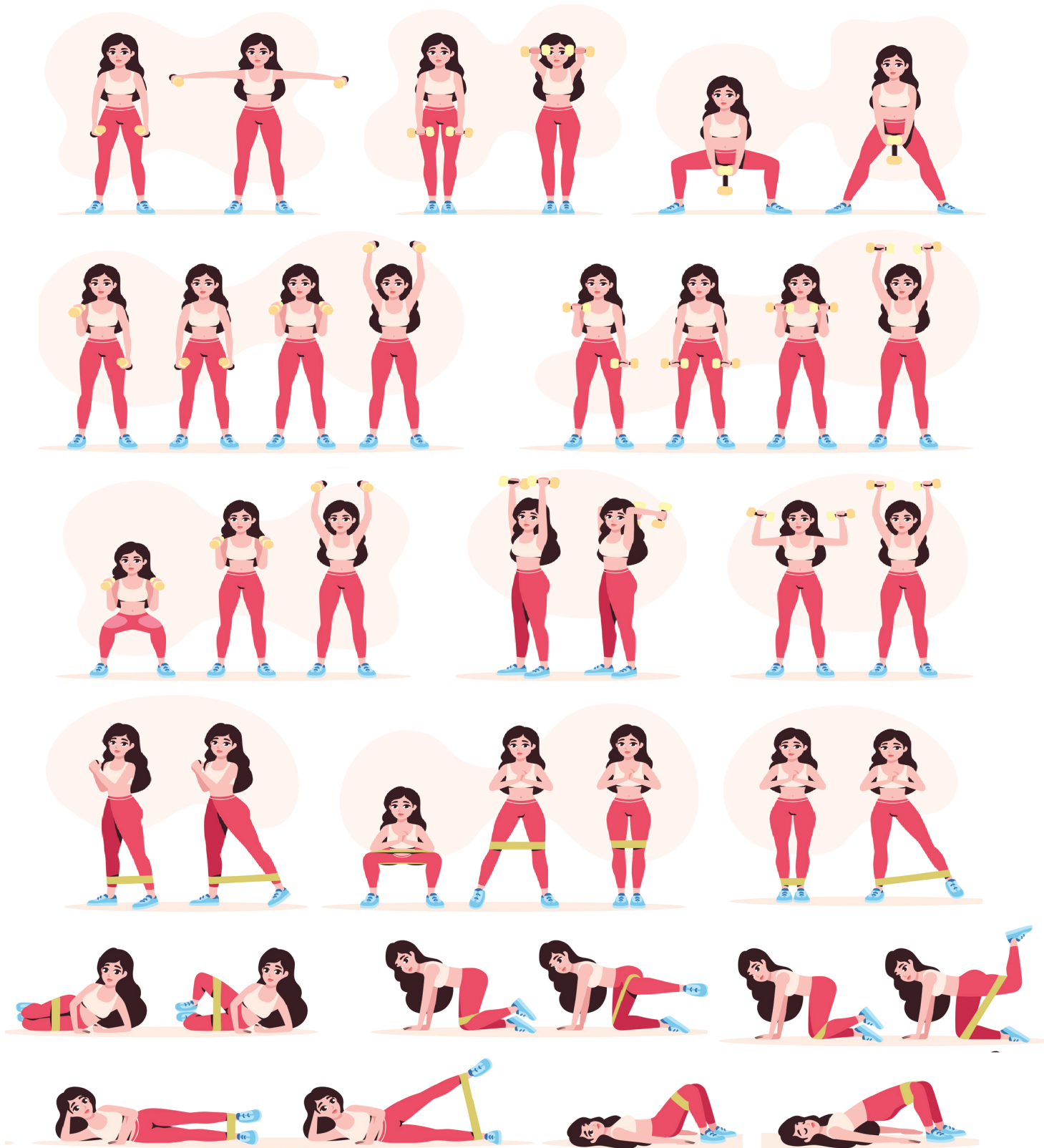


EXERCISE SHEET



Get your body moving! As you lose weight, one of the best ways to get rid of loose skin is to tone up. Start easy and build your strength. In no time you'll see and feel the difference. :)