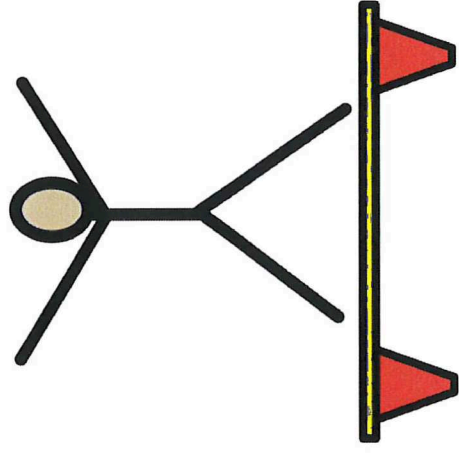
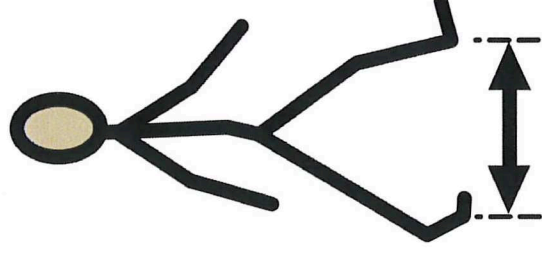


Keep active



20 star
jumps



How many steps
can you take in a
day?

or join the body coach Joe wicks at <https://www.youtube.com/channel/UCAxW1XT0iEJo0TYIRfn6rYQ>