

**POWER  
MOVE 1**

*Eat oatmeal  
every day*



**POWER  
MOVE 2**

*Eat 3 fruits  
every day*



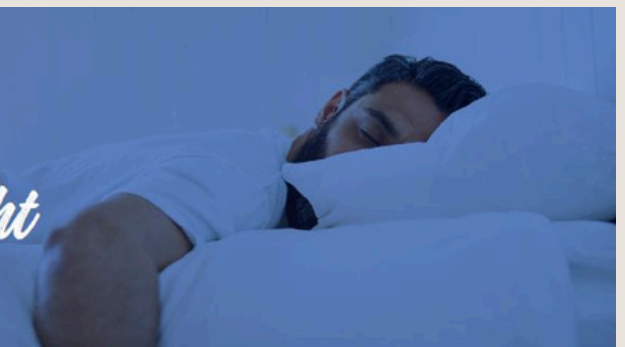
**POWER  
MOVE 3**

*Eat 2 raw and 2 cooked  
vegetables every day*



**POWER  
MOVE 4**

*Get 7 hours of  
sleep every night*



**POWER  
MOVE 5**

*Walk for 10 minutes  
after every meal*

