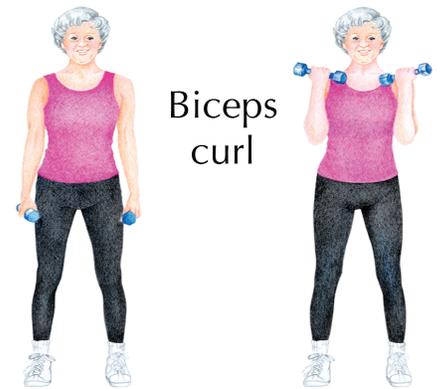


# Stay Strong, Stay Healthy



## Cool down



John Hancock Center for Physical Activity & Nutrition  
Friedman School of Nutrition, Science & Policy  
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