

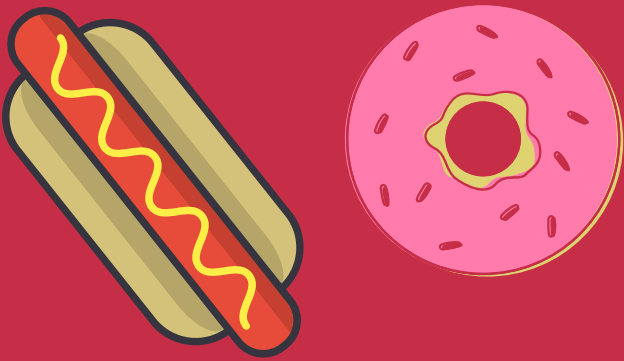
FIGHT

FOR

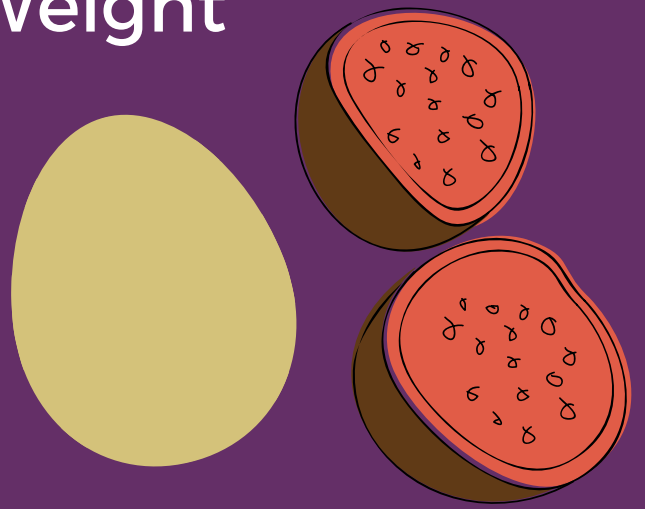
YOUR HEALTH

SOLVING PROBLEMATIC TOPICS

Your Body Weight



High-calorie or highly processed foods



Locally sourced, whole foods

Your Sleep

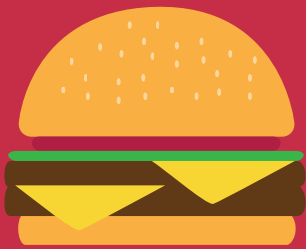


Computer, phone, TV screens, and LED lights



Blueblockers, f.lux, or read a book/play a card /board game before bed

Your Body

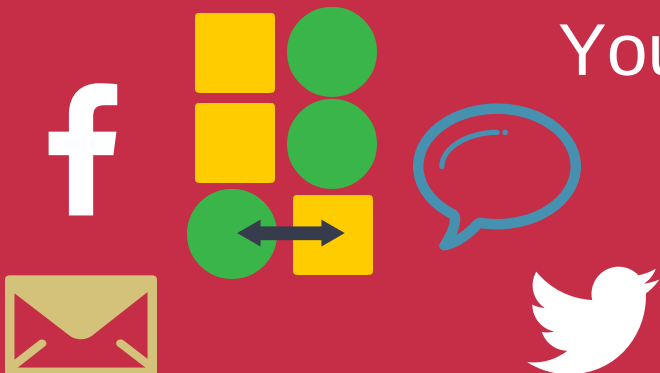


Meat full of drugs, hormones, glued together. Veggies with chemicals, pesticides.

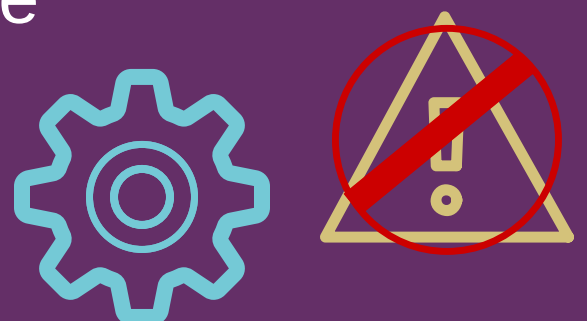


All natural, grassfed, organic, enhanced foods, Artificial Ingredients

Your Time



Social Media, Text, Email, E-Games



Turn off notifications.