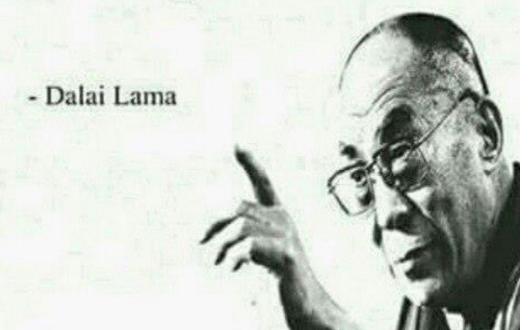
The expert in anything was once a beginner.

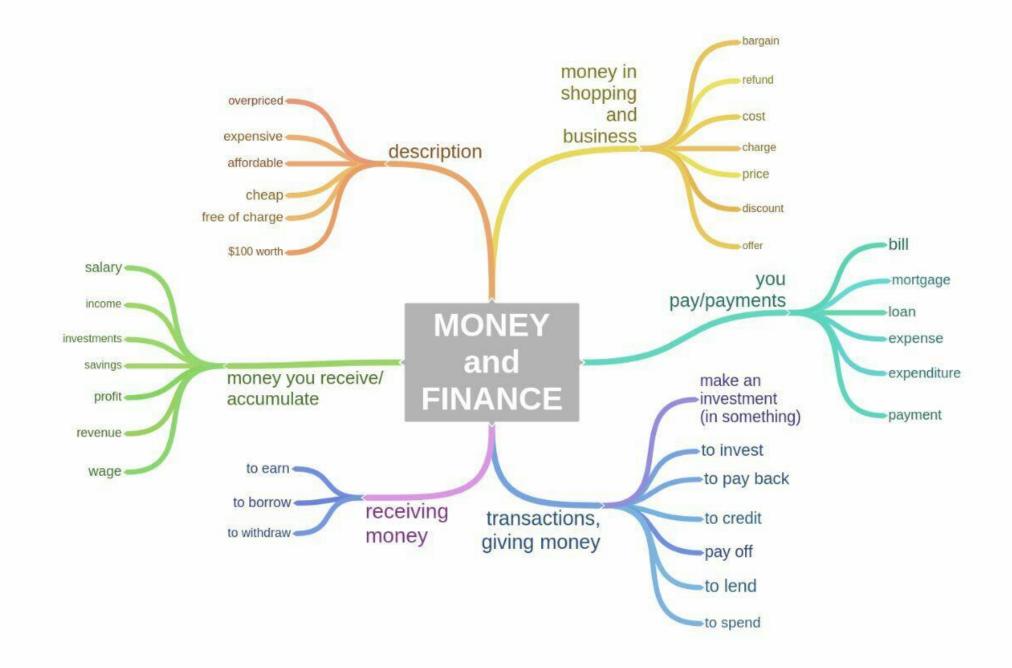
EVERYDAY IS ANOTHER CHANCE TO GET STRONGE TO EAT BETTER, TO LIVE BEST VERSION OF YOU.



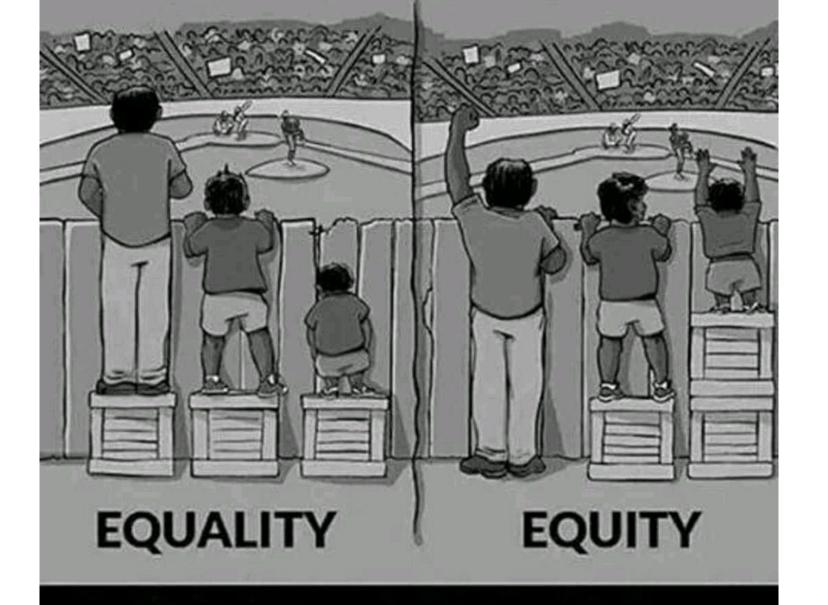


When you talk, you're only repeating what you already know. But if you listen, you may learn something new.

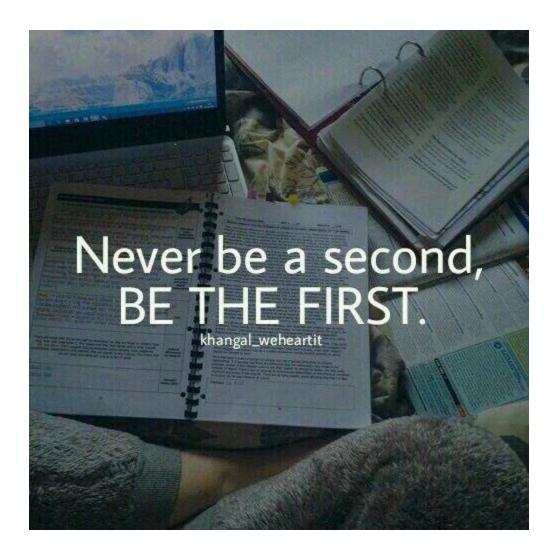








- 1. Equality: is giving people the same thing/s.
- 2. Equity: is fairness in every situation.





BEING RICH IS HAVING MONEY, BEING WEALTHY IS HAVING OPTIONS.

