



NURTURE

www.nurtureyourfamily.org

Energy Balance

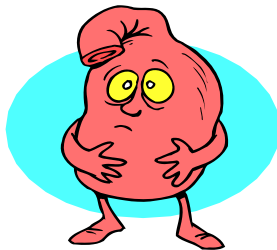
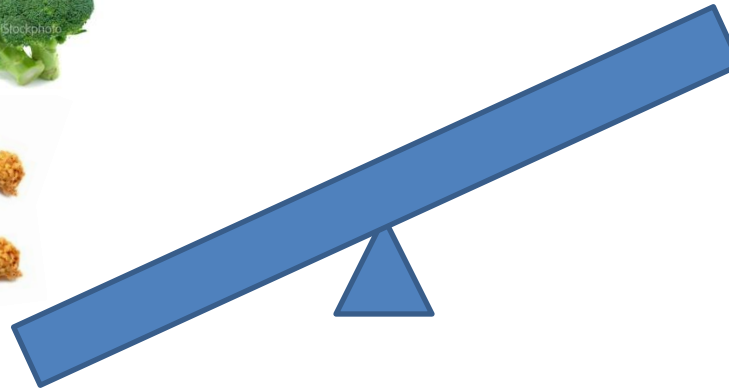


Strong

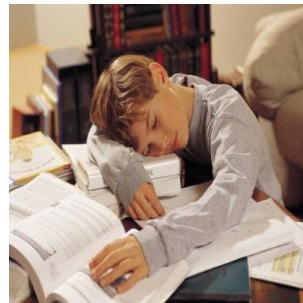


Healthy

Too much food for very little exercise



Uncomfortable Stomach

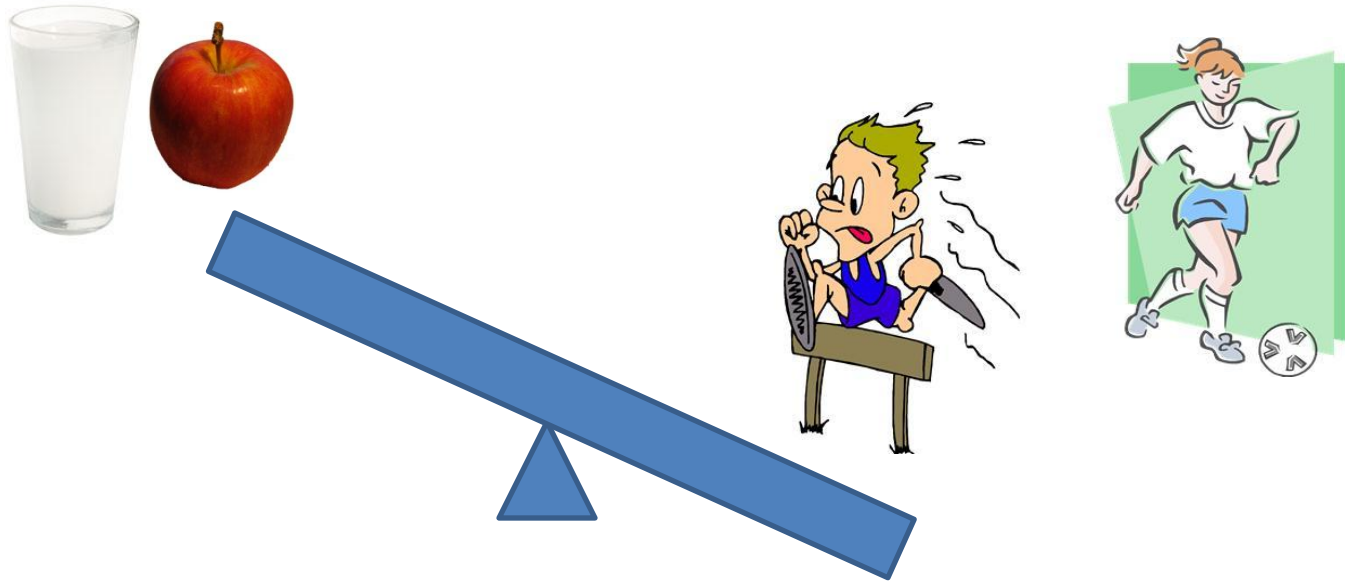


Tired and Weak



Gain Weight

Too little food for a lot of exercise



Headaches



Can't Concentrate



Tired and Weak



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Strong



Healthy