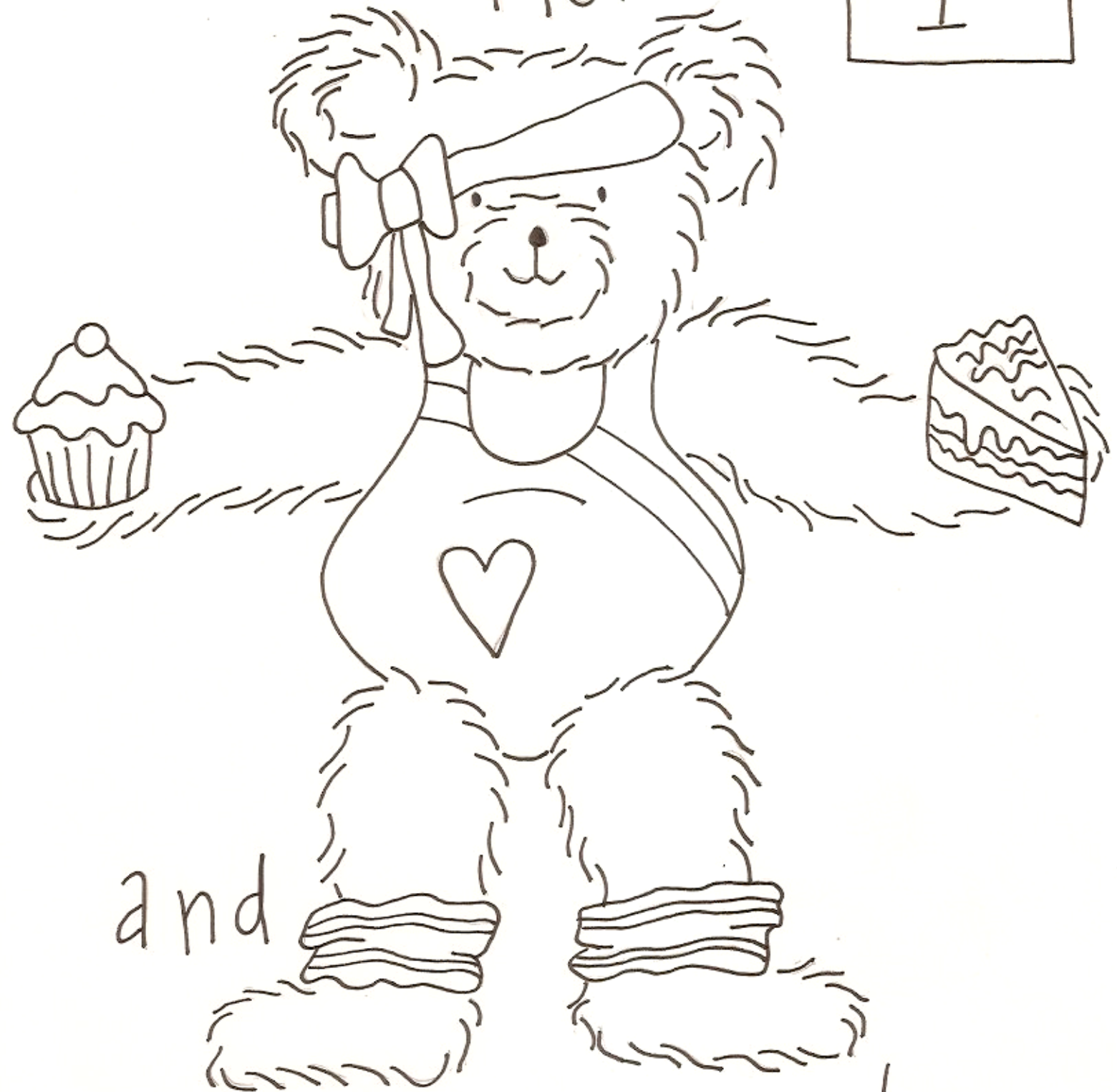


I must eat
more

Jan
1st



and

exercise less