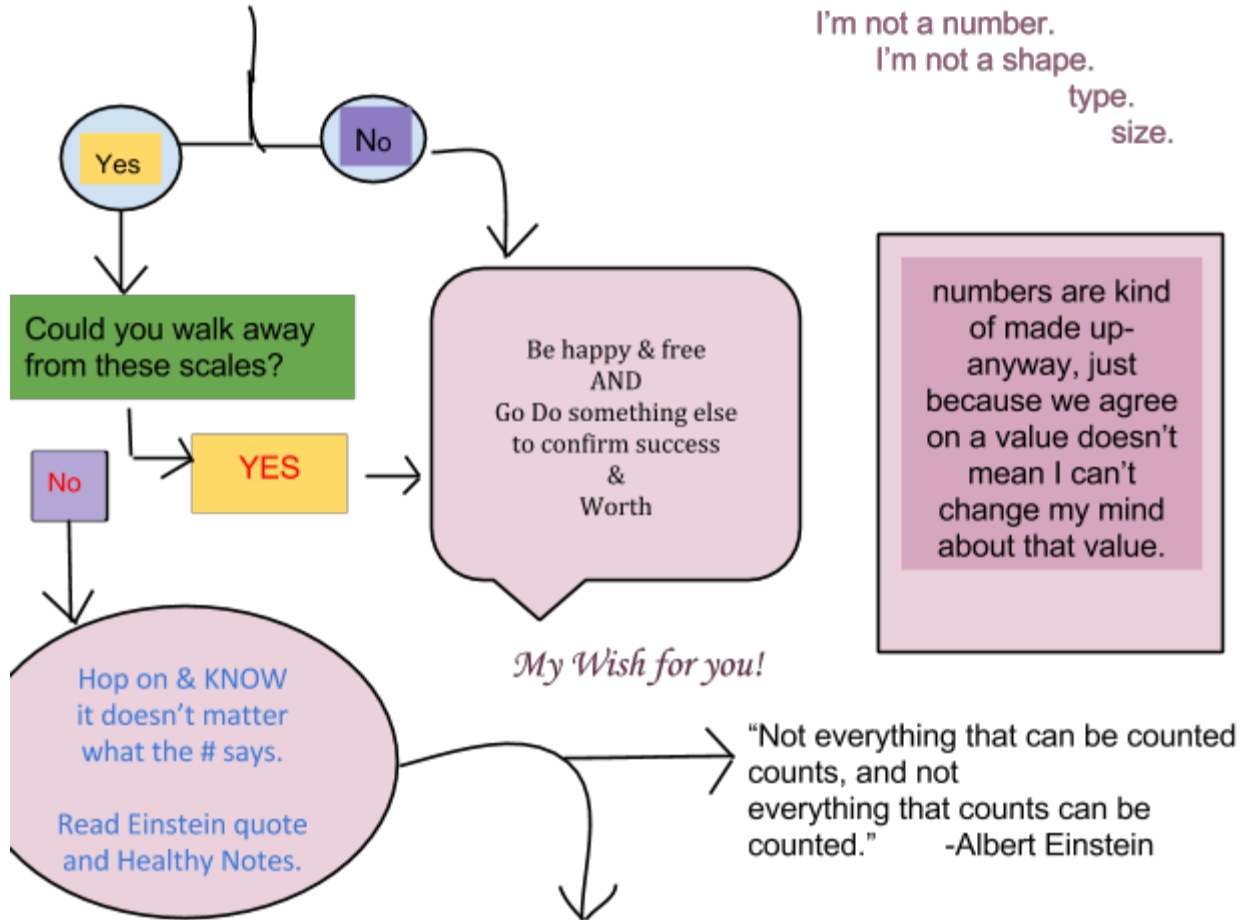


# RULES for SCALES

Is it Monday?



Healthy looks like...

smiling, dancing, laughing, unstoppable determination, mountain climbing, quiet, woods walking, swimming, reading, naps in hammocks...