



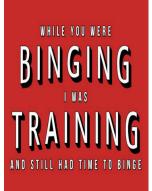
a better me is coming



TALK
LESS,
SWEAT
MORE.



I thought I was killing my diet, but it turns out my sweatpants came untied.



A ONE HOUR
WORKOUT

IS 4%
OF YOUR DAY

no excuses

NOTHING
TASTES AS
GOOD AS
FITH.

