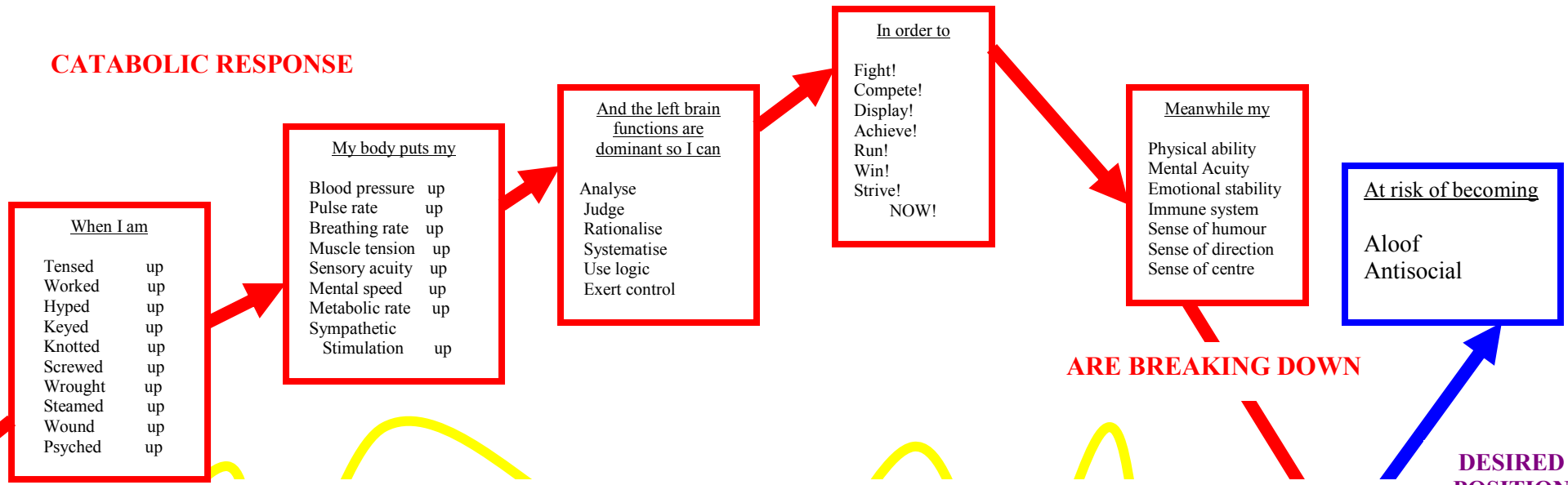


**CATABOLIC RESPONSE**



C  
H  
O  
I  
C  
E  
S

Balance activity with regular times of rest and stillness for optimum performance and health

ARE BREAKING DOWN

DESIRED POSITION OF GOOD BALANCE AND POISE

ARE BUILDING UP

**ANABOLIC RESPONSE**

