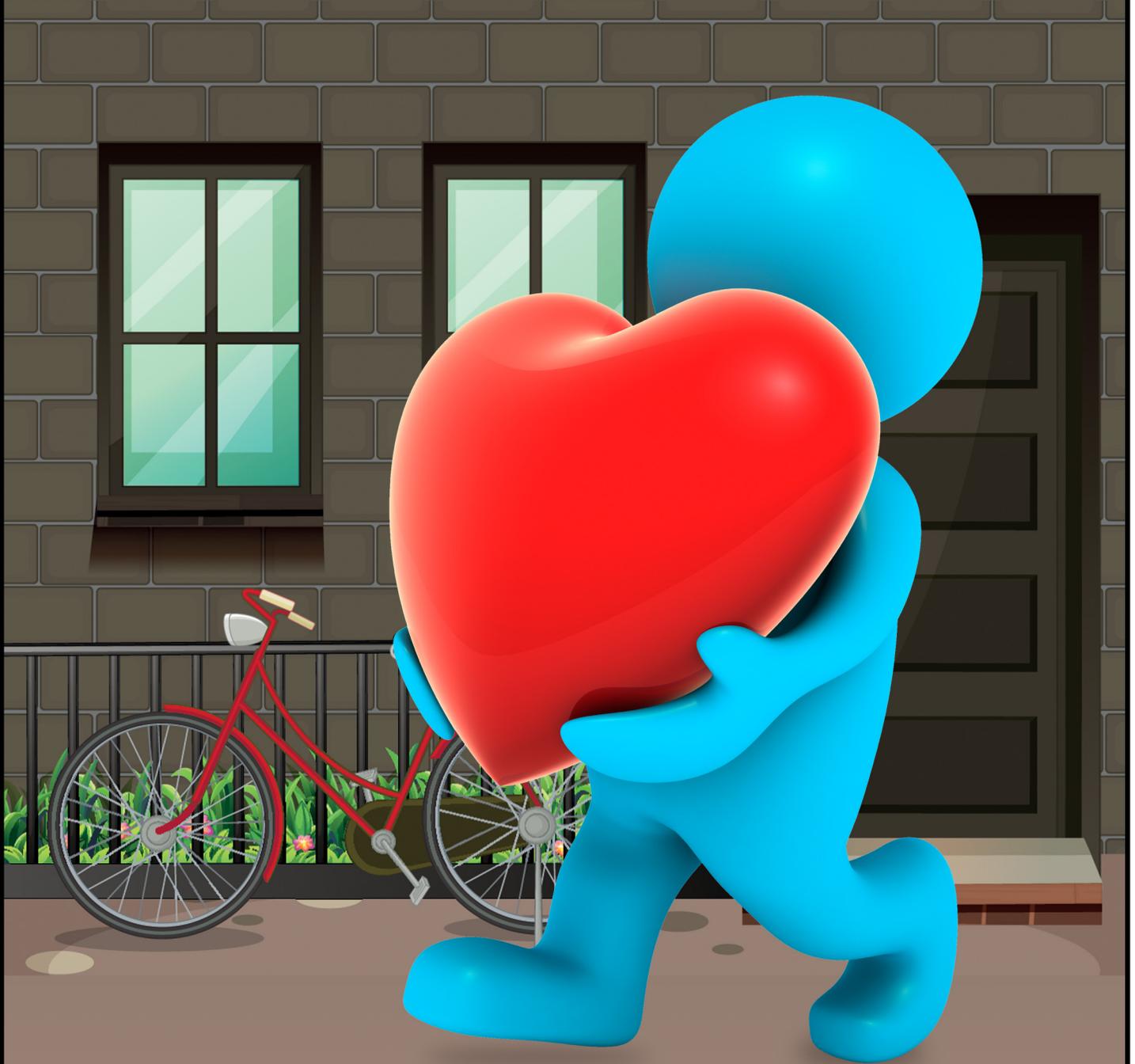


Tiny steps make a big difference.



Take your heart for a walk.