

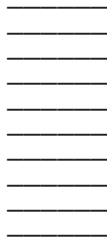
EAT Walking Program:

Secondary Choices

1. Proper walking shoes
2. Pedometer
3. Stretching
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____



Timeline



Current Steps _____

Current Reality