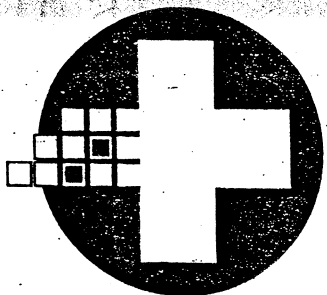


you notice a dig-
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 Stop smoking,
 -out the cigarettes;
 trength training,
 me weights or



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