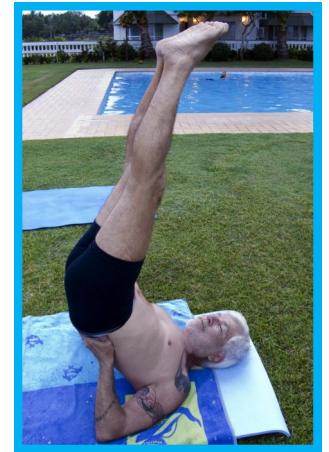


**To exercise you may
sometimes say 'nay'**

but

just

do more than



yesterday