

A person is running through a field of tall, green grass. They are wearing a white t-shirt and dark shorts, and their arms are outstretched to the sides. The background shows a clear blue sky and a distant horizon. The overall scene is bright and energetic.

**TO ENJOY THE GLOW OF
GOOD HEALTH, YOU
MUST EXERCISE.**

- Gene Tunney

Good Health For You

H Kauffman



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