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Lifestyle & Environment

MIND

Dream Big, Stress Less

BODY

Move More, Sleep More

SPIRIT

Connect Spiritually

ENVIRONMENT

Change/Shape Your World



Live the 70 Defy the 30

How Do You Live the 70?



Live4ItCommunity.org

To Learn More



Live the 70



Defy the 30

How Do You Defy the 30?

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Live⁴It[®]
COMMUNITY

