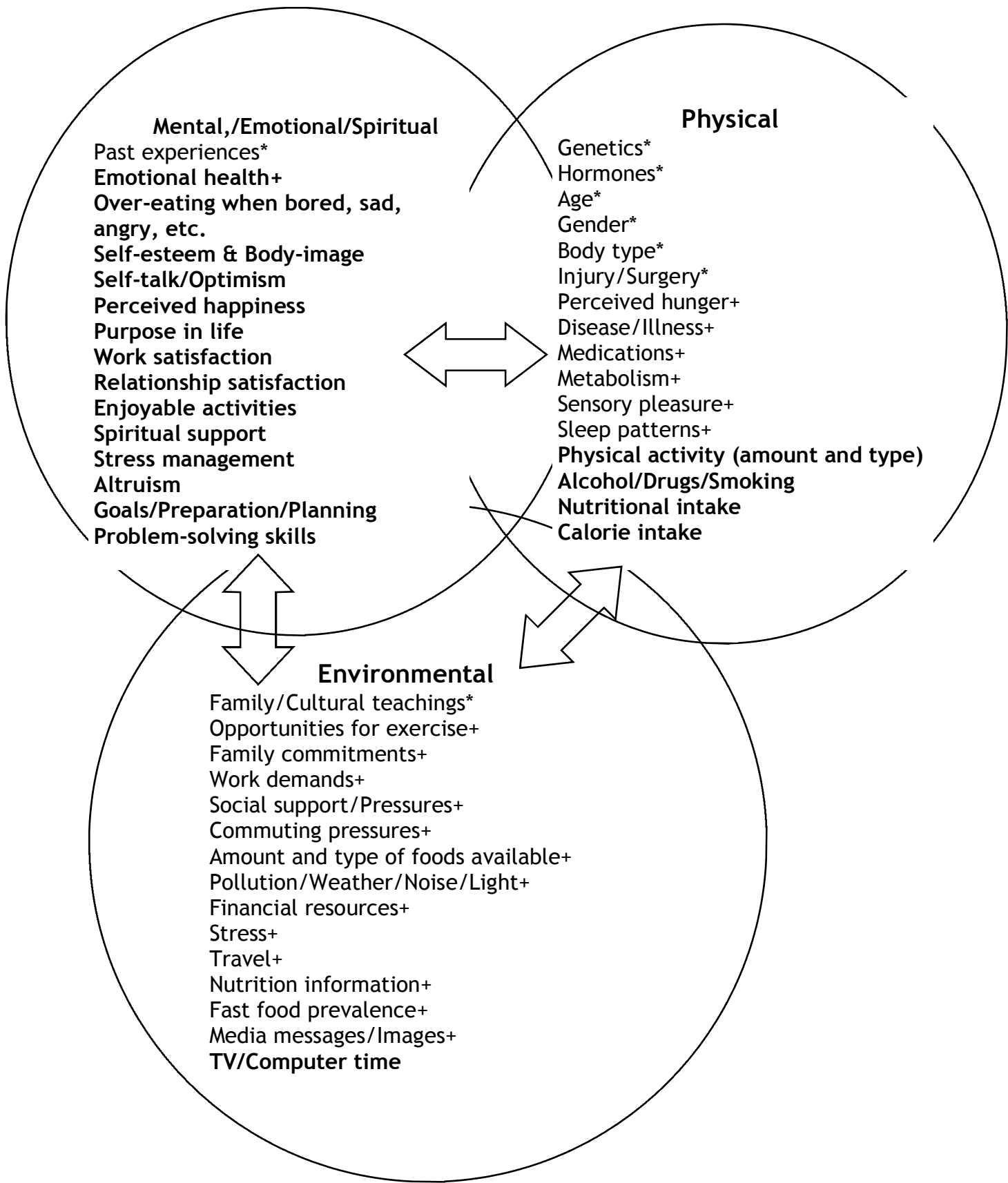


Factors Influencing Health and Fitness



KEY:

- * factors you *can't* control
- + factors you can *influence*
- **BOLD** factors you can control