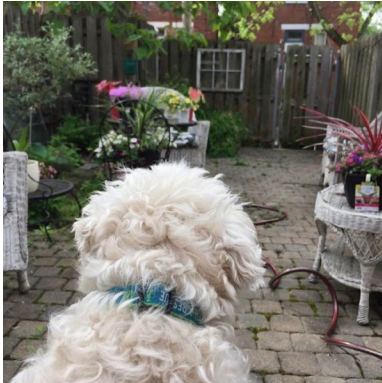
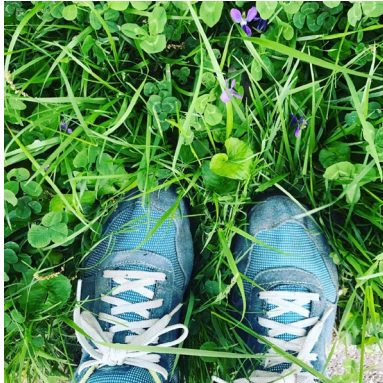


THE 180 PROJECT



♥ 👁 📌
 Liked by bo_link and 17 others
 jennyalicehudson Digging in soil is good for your health...and your soul! And doing it with a friend - well that's just the best. @thechristhospital #thischangeseverything



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 danajohnson311 The journey of 10,000 steps begins with one. 🏃 #10KStepsADay #ThisChangesEverything @thechristhospital



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 a_debbs Started working out about a year ago. Proudest accomplishment? No jiggling arms! #ThisChangesEverything



♥ 👁 📌
 danajohnson311 Stretching is always important. 🧘 #ThisChangesEverything @thechristhospital



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 arinkraemer Exercise doesn't always look like exercise. 🏃 #ThisChangesEverything
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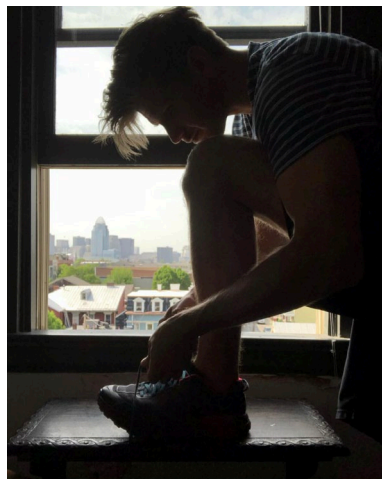
♥ 👁 📌
 Liked by elisa_tim and 21 others
 collopyj1 An early morning run is a blessing for the whole day 🌅❤️ #ThisChangesEverything @thechristhospital



♥ 👁 📌
 Liked by donagrants37, bo_link and 15 others
 jovonker Saté soup from @cilantrovietnamesebistro with tofu, onions, sprouts, rice noodles and loads of herbs 🍲 #ThisChangesEverything



♥ 👁 📌
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 donagrants37 @thechristhospital 10K steps closer to my goal of a healthier me! #thischangeseverything



♥ 👁 📌
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 bo_link Beautiful day for a run in a beautiful city. #ThisChangesEverything.



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 combatlibby Make way! 🏃 #thischangeseverything

THIS
CHANGES
EVERYTHING