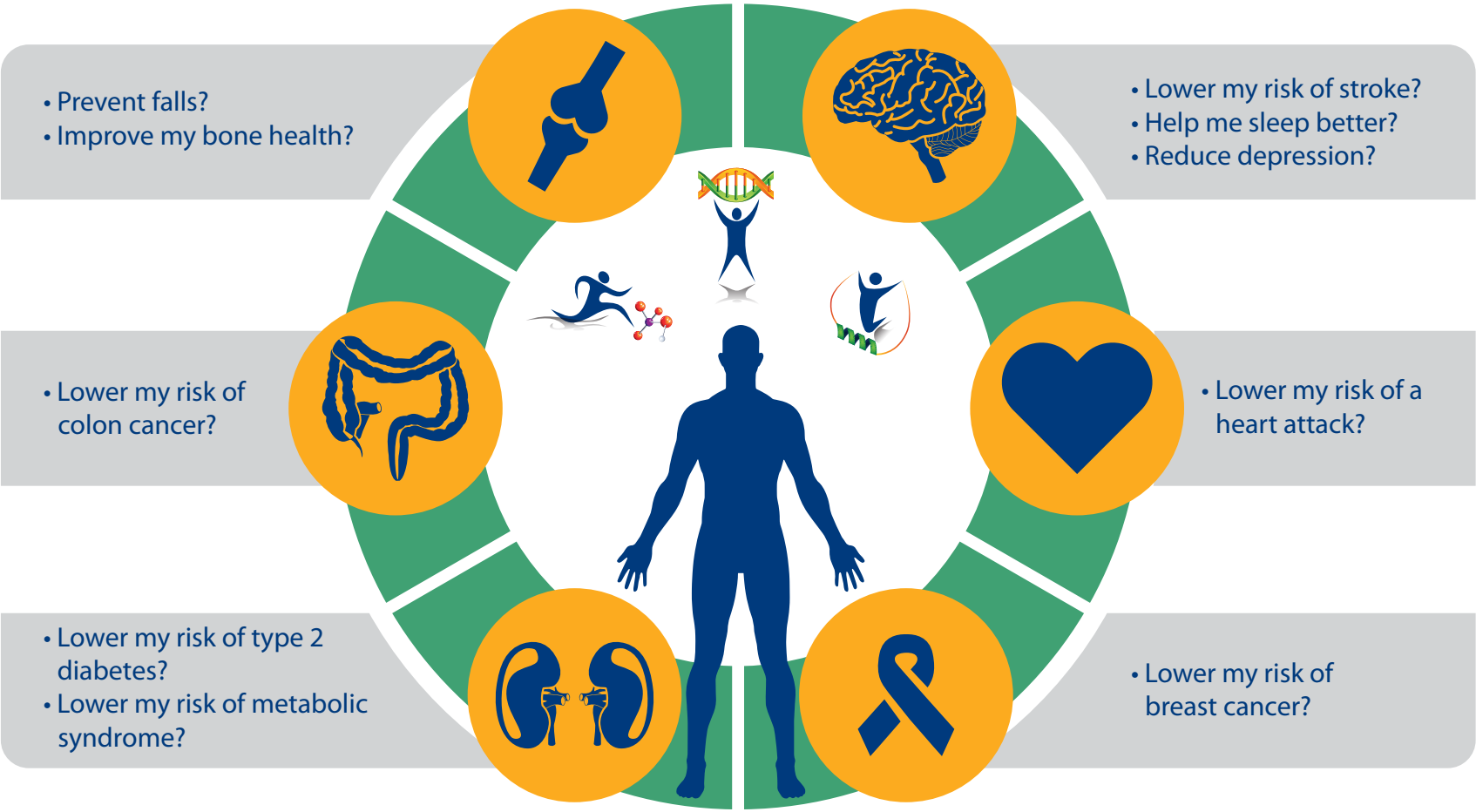
• Prevent falls?
• Improve my bone health?
• Lower my risk of stroke?
• Help me sleep better?
• Reduce depression?
• Lower my risk of colon cancer?
• Lower my risk of a heart attack?
• Lower my risk of type 2 diabetes?
• Lower my risk of metabolic syndrome?
• Lower my risk of breast cancer?