

A person is seen from behind, standing on a rocky ledge and looking out over a city at sunset. The sun is low on the horizon, creating a warm, golden glow over the city and the person's silhouette. The person has long hair and is wearing a dark top. The city below is visible in the distance, with lights starting to appear.

"A Healthy  
Outside  
Starts From  
the Inside."

-Robert Ulrich