

VITALITY



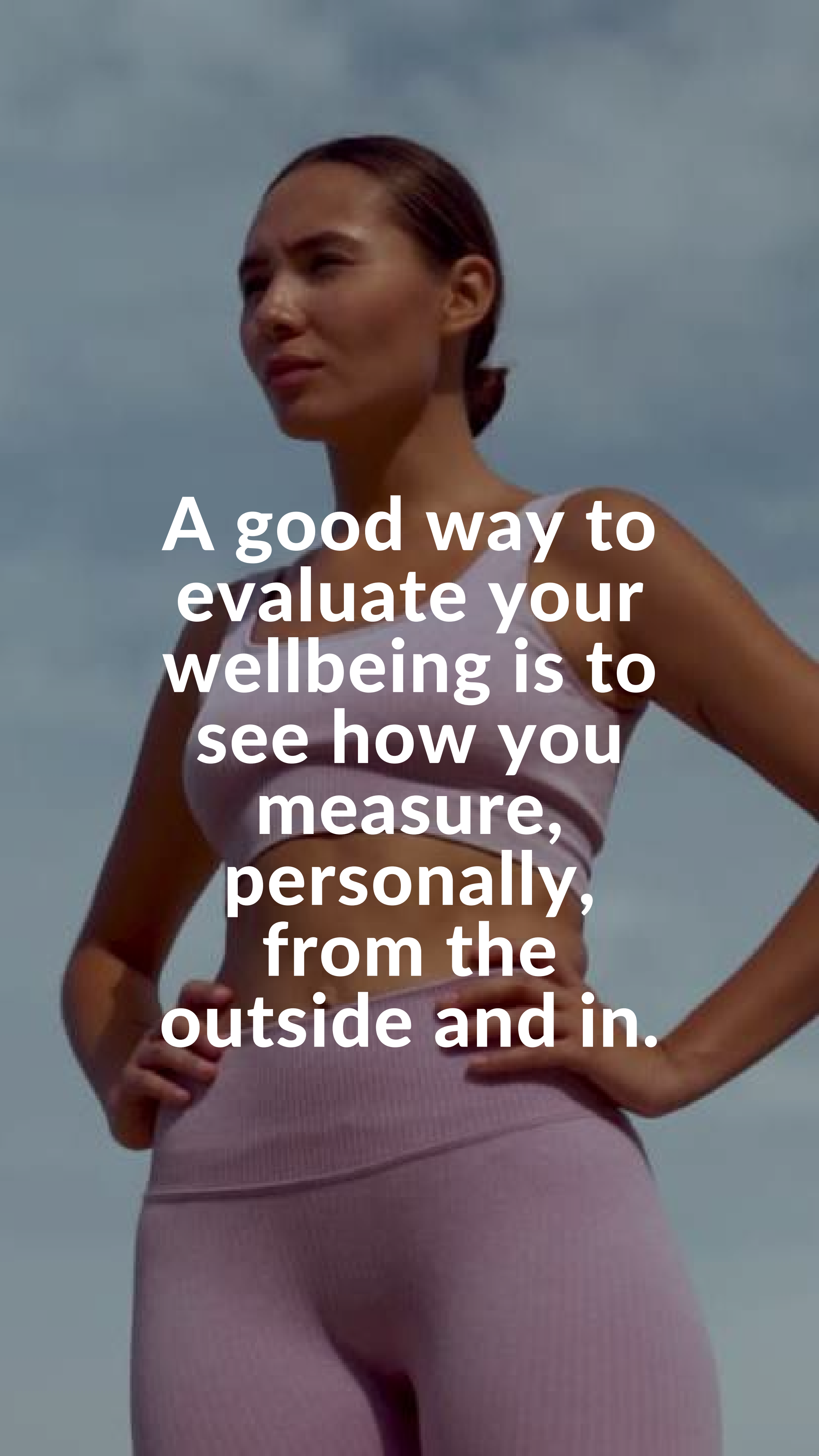
Are you
Wellthy?



1.618

A woman with dark hair tied back, wearing a purple athletic top and leggings, is captured in a running motion on a sandy beach. The background features the ocean with waves, a rocky shoreline, and a lifeguard stand under a blue sky with light clouds. The text "How do you measure your wellness?" is overlaid in white, bold font across the center of the image.

**How do you measure
your wellness?**



**A good way to
evaluate your
wellbeing is to
see how you
measure,
personally,
from the
outside and in.**

A close-up, low-angle shot of a person's hand reaching down towards a grey and white patterned sneaker on a brick floor. The hand is positioned as if about to touch or pick up the shoe. The background is blurred, showing a person's legs in dark pants. The overall lighting is dim, creating a moody atmosphere.

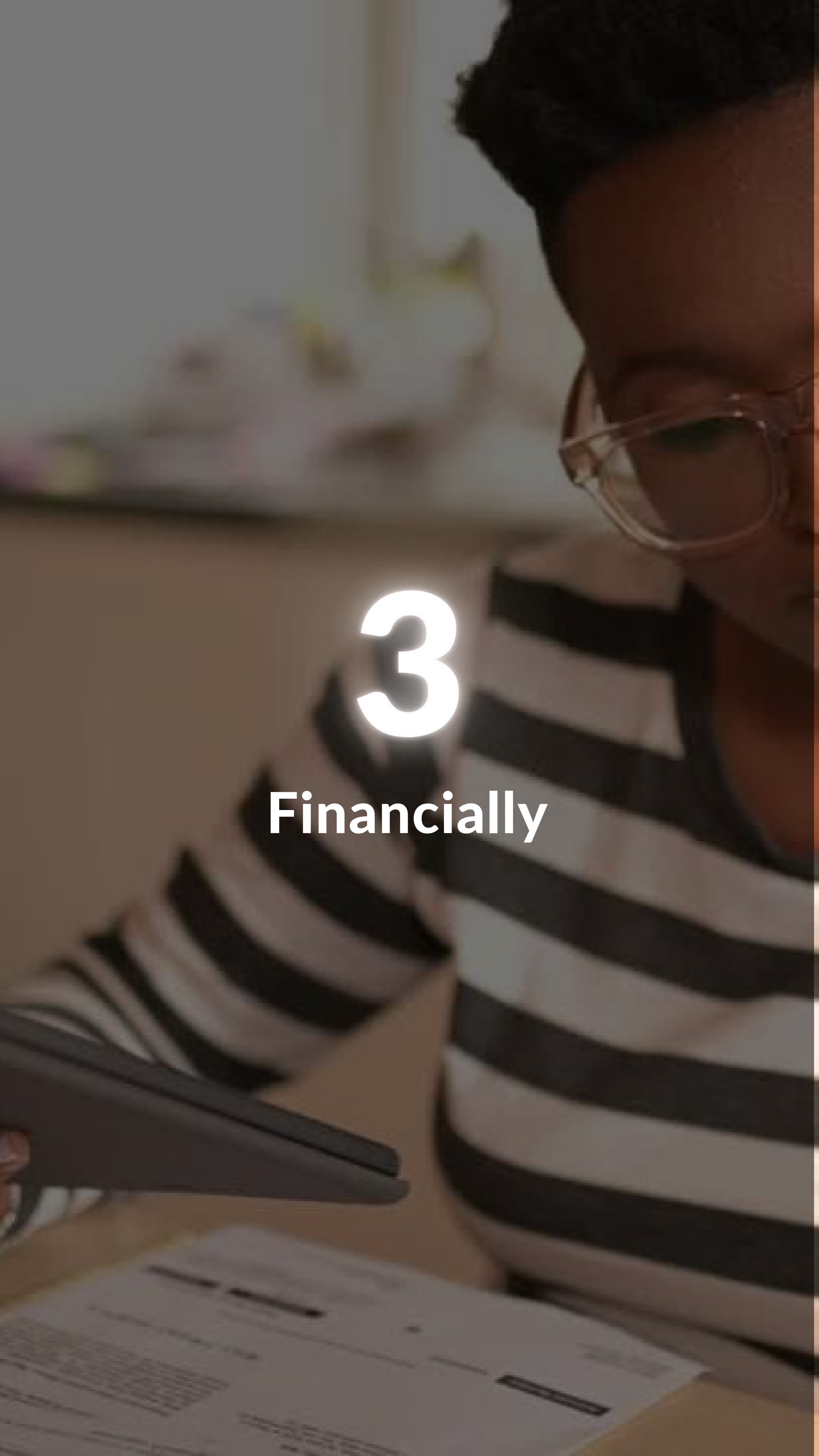
1

Physically



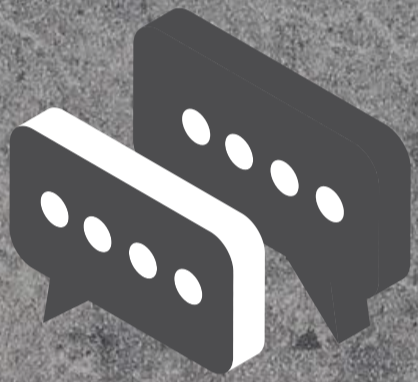
2

Emotionally

A person with dark hair and glasses, wearing a black and white striped shirt, is looking down at a document. The background is blurred, showing some papers and a desk. A large, glowing white number '3' is overlaid on the image.

3

Financially



Not sure where to start?

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