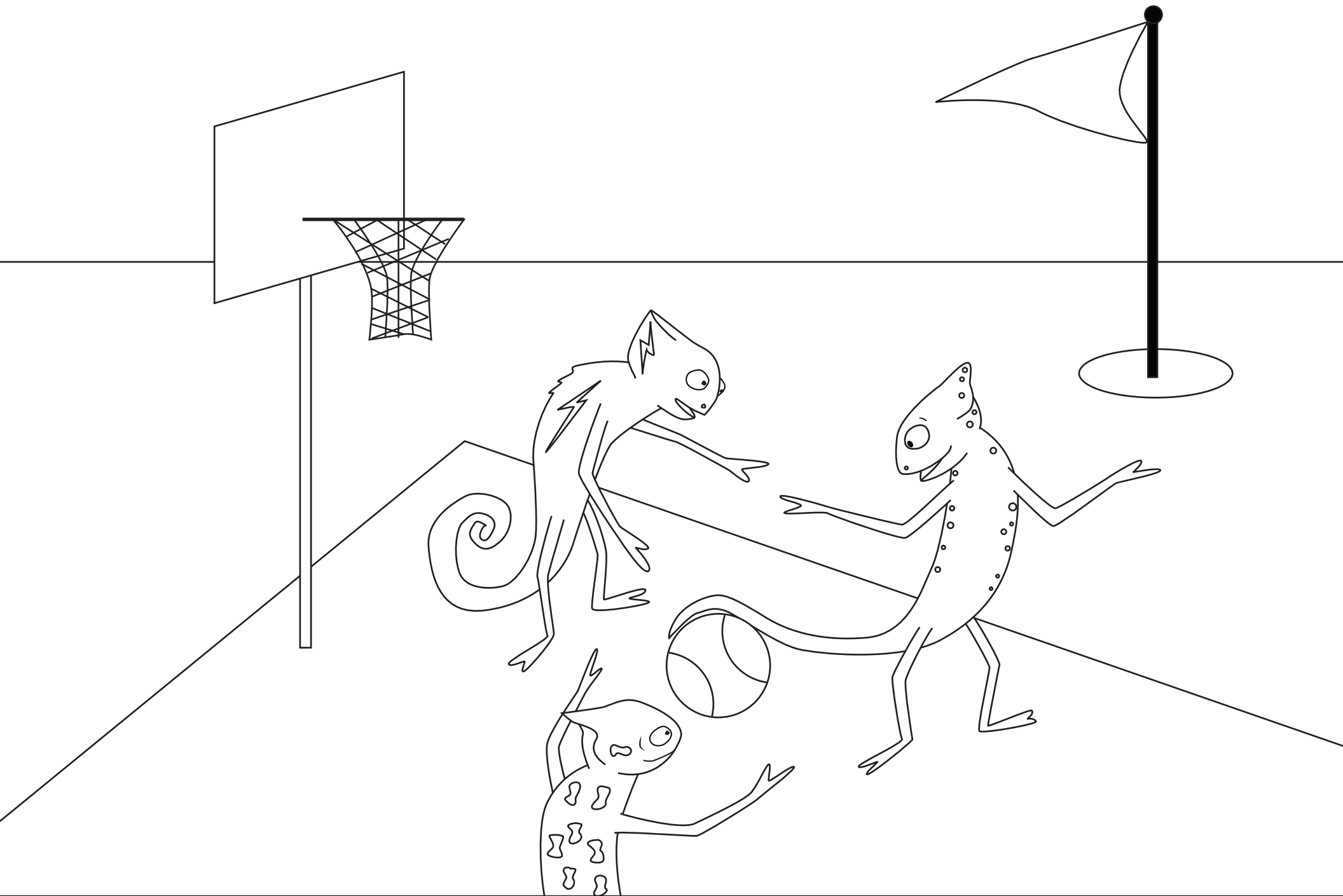




Exercise is good for you! Remember to take more breaks if the air outside is unhealthy.
Check the air quality color at airnow.gov