

A woman with brown hair tied back, wearing a light blue t-shirt, grey shorts, and a backpack, is hiking on a rocky trail. She is using two trekking poles. The background shows a vast, hilly landscape under a clear sky. A large, light blue speech bubble with a torn edge is positioned on the right side of the image, containing the text 'Don't just Survive - THRIVE! Whole Foods is Key' in a dark blue, sans-serif font.

**Don't just Survive
– THRIVE!**

**Whole Foods
is Key**