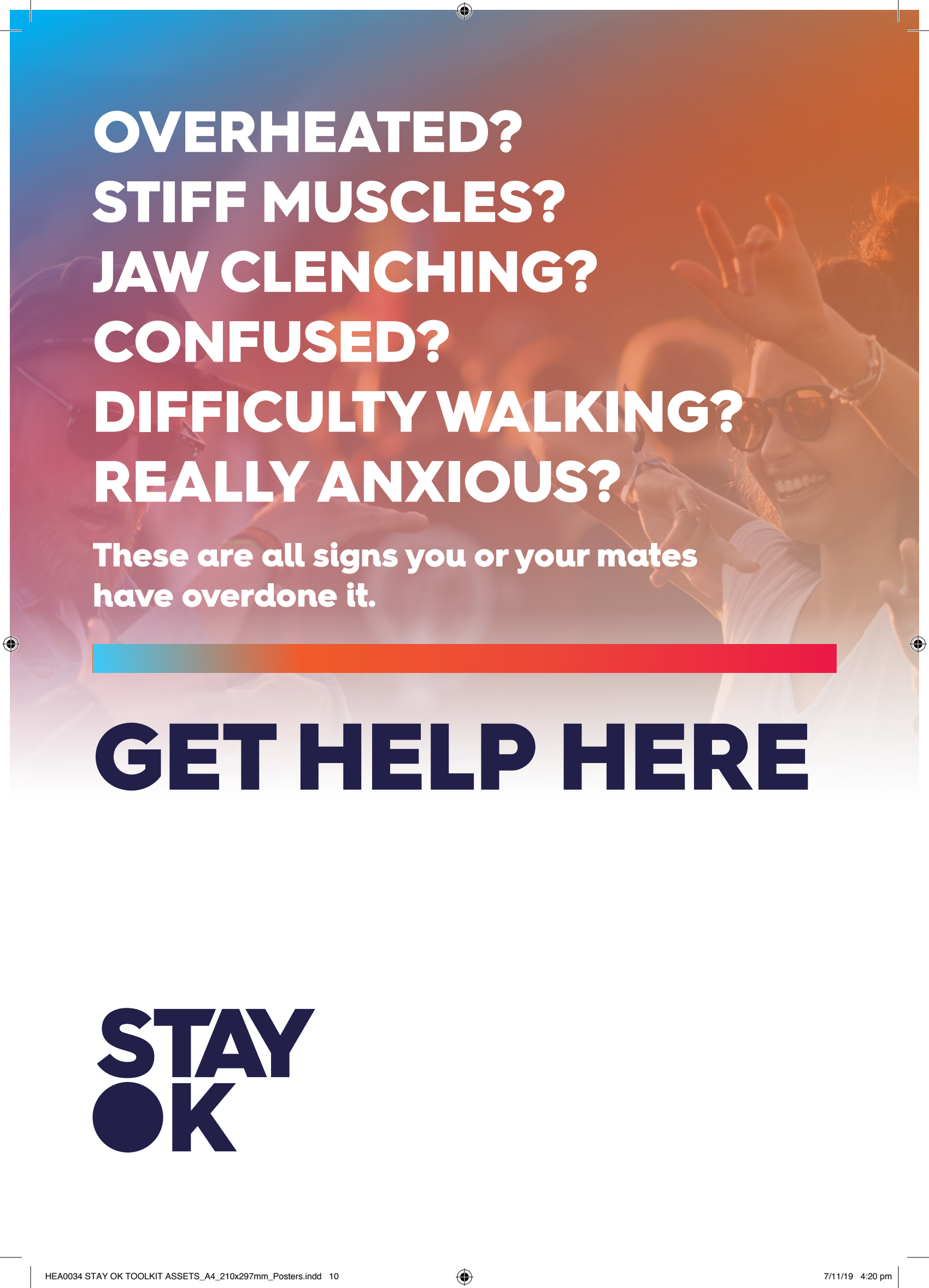


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STIFF MUSCLES?  
JAW CLENCHING?  
CONFUSED?  
DIFFICULTY WALKING?  
REALLY ANXIOUS?**

**These are all signs you or your mates  
have overdone it.**

**GET HELP HERE**

**STAY  
OK**



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