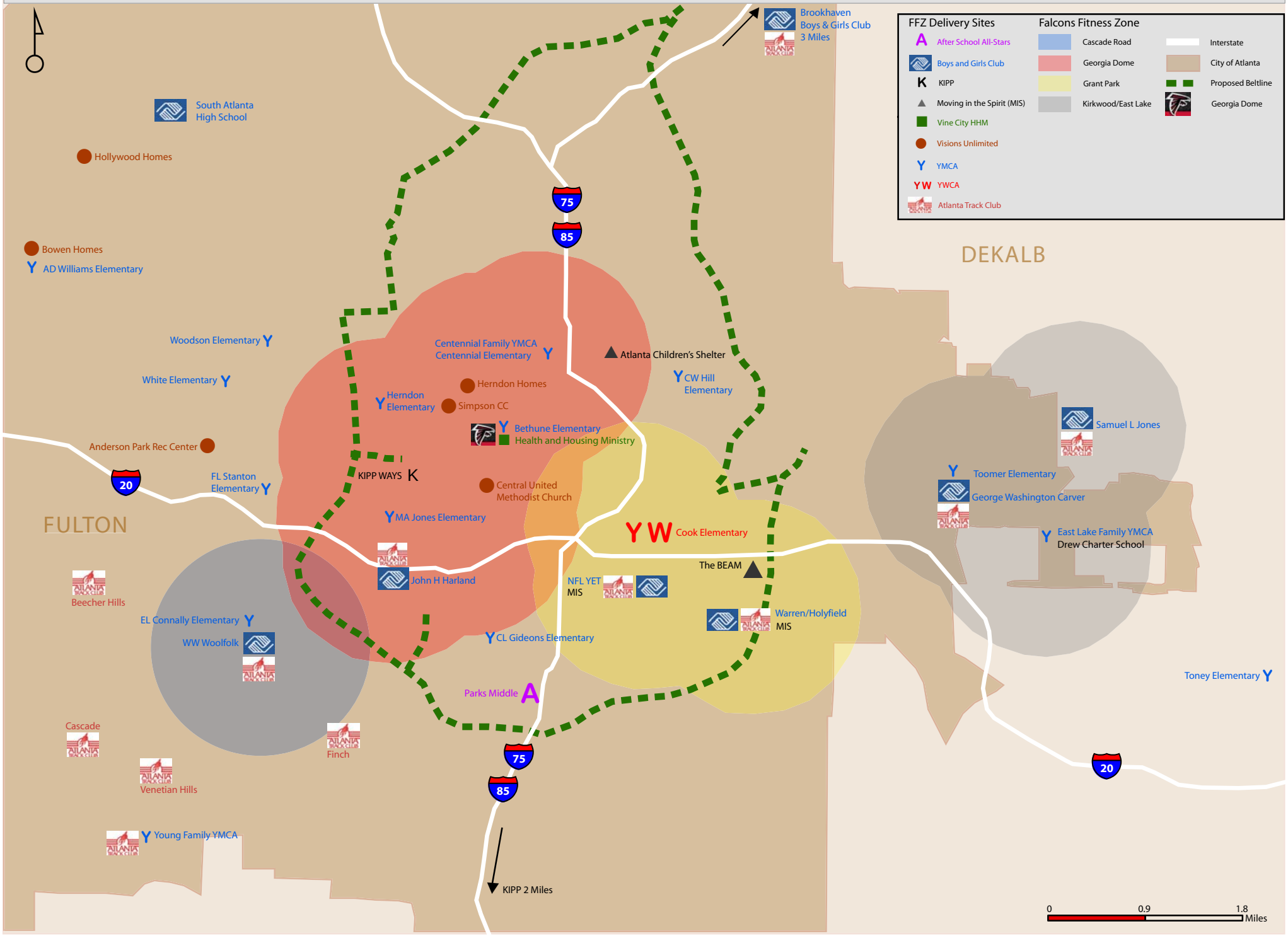Atlanta Falcons Fitness Zones - December 2008