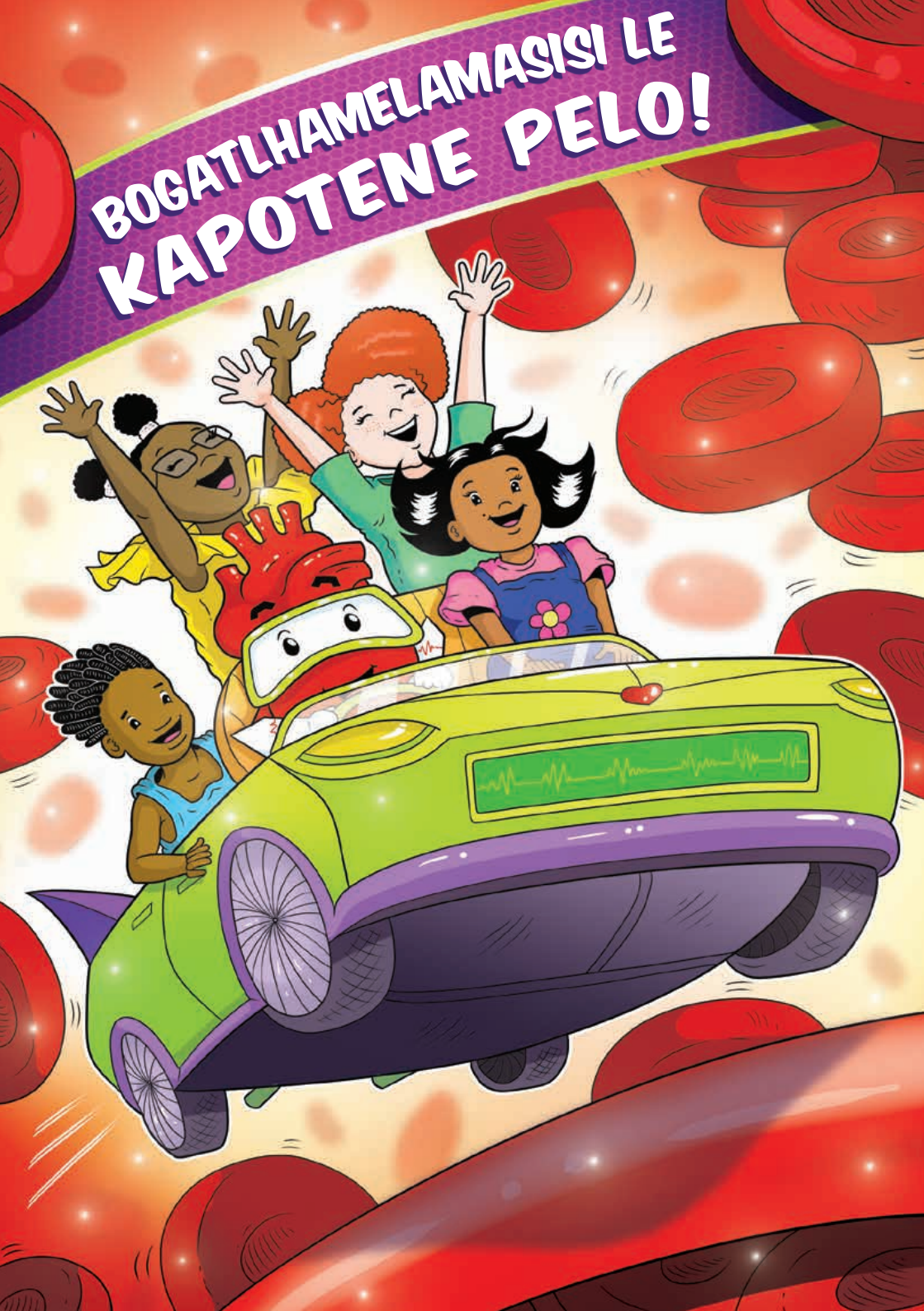



BOGATLHAMELAMASISI LE KAPOTENE PELO!







IJAA, NAKO YA GO
IKHUTSA! SENO GA SE SONE
SE KE SE TLHOKANG MO
MOGOTENG ONO.

A O SIAME
CAROL?

KE UTLWA KE
LAPILE GO LE GONNYE
FELA. HMM, DIMONAMONE
TSENO DI TSHWANETSE
GO NNAYA MAATLA A
MANTSI.

KE RATA,
BURGER LE
DICHIPS! KE MANG
YO O DI BATLANG?

MORAGONYANA

KE TLA LE
BONA KAMOSO
BATHONG!



MORAGONYANA MAITSEBOENG AO

CAROL, CAROL,
GORENG O
NKUTLWISA
BOTLHOKO?

HUH, O MANG?
GA KE UTLWISE
OPE BOTLHOKO...



KE NNA, KAPOTENE PELO. MEKGWA
YA GAGO YA GO JA LE KAFI O
TSHLANG KA TENG DI GOBATSA
PELO LE BOITEKANELO JWA
GAGO.

ENGI?
KE NE KE SA
ITSE SEO!



TSENA KA MO GARE, A RE
KGWEETSE RE TSAMAYE KE
TLA GO BONTSHA GORE
GO DIRAGALANG KA MO
GARE.



SNAP!

A KE NNA FELA
KGOTSA A SENO GA
SE GO FETELETSA
DILO?

IJAA!

LEBA MABILI
ANO!

MADI A TSAMAYA MO MMELENG WA GAGO KA DITSHIKA. GO TSHWANA LE DITSELAKGOLO LE DITSELA TSA TOROPOKGOLO E E GOLAGANYANG MAPELO OTLHE. PELO YA GAGO E POMPA MADI MO DITSHIKENG GO YA DIKAROLONG TSOTLHE TSE DI FAROLOGANENG TSA MMELE WA GAGO LE GO A BUSA.



NNYAA, GO LEBEGA GO NA LE KGOBELANO YA PHARAKANO KWA PELE. GO DIRAGALANG KOO?



TLHAGISO YA POLAKA! TLHAGISO YA POLAKA!

AO PHAE YA ME YA KOKO, O TLA TSHWANELA GO EMA PELE... DILO DI TLILE GO FETOGA FELA THATA.



NNYAA, KE PITLAGANTSWEI GA KE KGONE GO HEMA.

MPULELE PHATLHA!



DITSHIKA TSA MADI DI A THIBANA FA DILO TSE DI NANG LE MAFURA TSE DI BIDIWANG DIPOLAKA DI NNA GONE MO MABOTENG A Kafa GARE. SENO SE DIREGA FA MOTHO A JA SUKIRI E NTSI KGOTSA DIJO TSE DI MAFURA, A SA IKATISE KGOTSA A NA LE MEKGWA E E SA ITEKANELANG E E JAAGA GO GOGA. POLAKA E TSWALA DIPHATLHA GORE MADI A TSAMAYE SENTLE MME E GAGAMATSA DITSHIKA TSA MADI. SENO KE DIKGANG TSE DI BOSULA MO PELONG YA GAGO...E KA BAKA GO TLHASELWA KE PELO KGOTSA SETEROUKU.



IKETLE, GORENG
RE TSAMAYA KA
LOBELO JAANONG?

FOKOTSA LOBELO
RE TLILE GO THULA, RE KA
SE TSAMAYE MO DIRWENG
TSA MMELE KA LOBELO
LONO!

EEEEK!

FA MADI A LE Kafa TLASE GA KGATELELO KA NTLHA YA DITSHIKA
TSE DI GAGAMTSENG LE TSE DI TSHESANE A TLA TSAMAYA KA
LOBELO LO LO FETANG LWA KA GALE. MADI A A TSAMAYANG KA
LOBELO A TLA SENYA PELO YA GAGO FA NAKO E TSAMAYA. DINGAKA
DI KA DIRA DITEKO TSE DI MMALWA GO BONA GORE PELO YA GAGO
E LEPALEPANA JANG LE SENO.

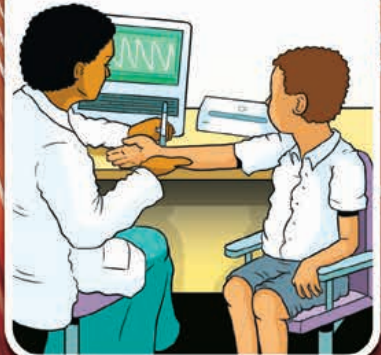
KGATELELO YA MADI



BOIMA JWA MMELE



LOBELO LWA GO BETSA GA PELO





AO, KAPOTENE PELO! RE NE RE SA ITSE!

RE KA DIRANG GO TLOGELA GO UTLWISA DIPELO TSA RONA BOTLHOKO?

RURI GA GO THATA JALO. GO TLHOPHA DIJO TSE DI DIKOTLA GO NA LE GO TLHOPHA TSE DI SENG DIKOTLA GO TLA THIBELA DITSHIKA TSA MADI GO THIBANA. PELO YA GAGO KE MOSIFA. GO IKATISA KA METLHA GO A E NONOTSHA MME GO THUSA DITSHIKA TSA MADI GO NNA DI LE PHEPA LE GO BULEGA GORE MADI A TSAMAYE MO GO TSONE. O KA NNA MOGAKA WA PELO KA GO GOPOTSA BATSADI BA GAGO GO TLHOPHA DIJO TSE DI DIKOTLA FA LE YA MABENKELENG. GORENG O SA THUSE GO BAAKANYA LE GO APAYA DIJO TSE DI DIKOTLA LE DISENEKE?



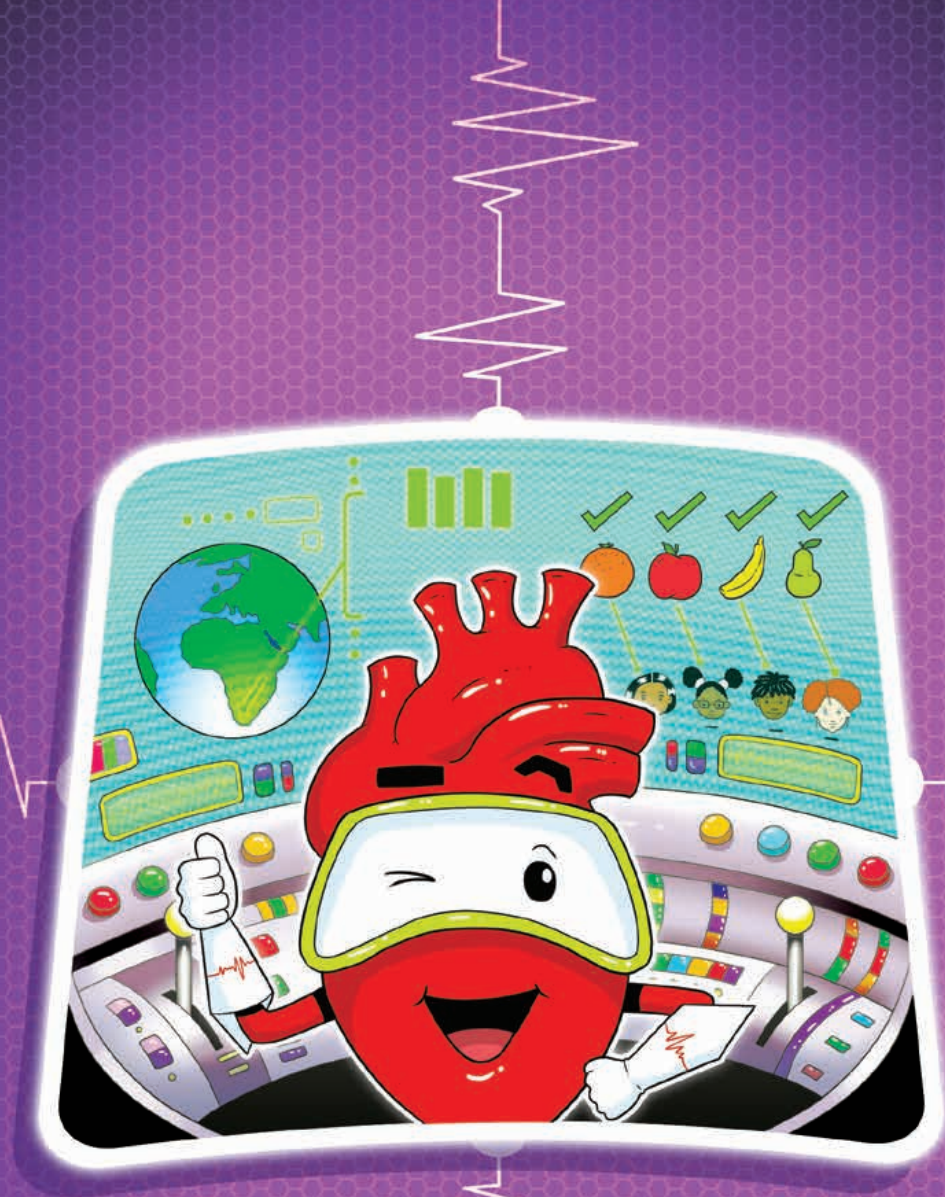
GO TLHOKOMELA PELO YA GAGO GO TLA GO BOLOKA O ITEKANETSE LE GO NONOFA!



**HIGH FIVE!
RE KA DIRA JALO!
KA TUMELANO!**









ExAMIN Youth SA

The Exercise, Arterial Modulation and Nutrition in Youth South Africa Study

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Hypertension in Africa
Research Team (HART)