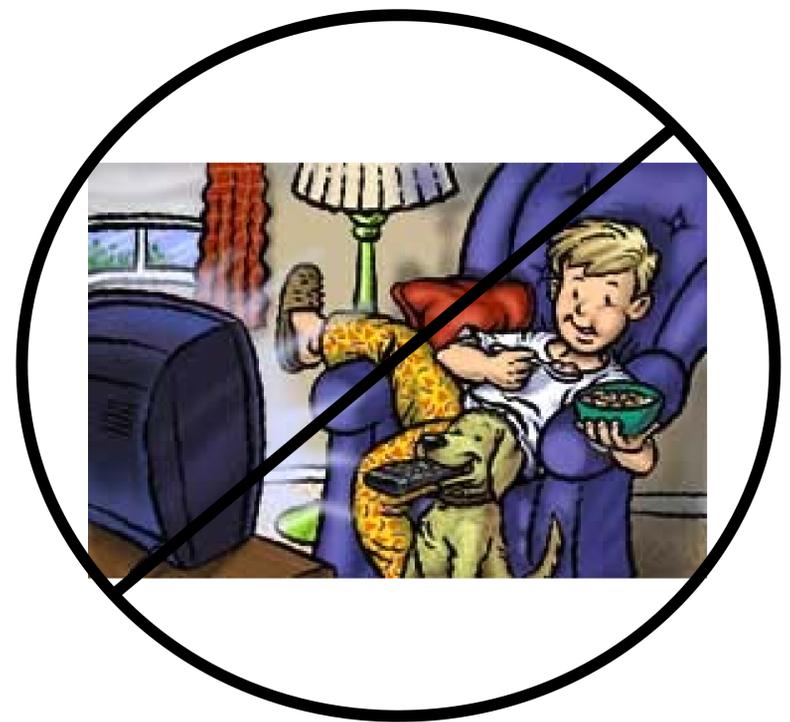




Exercise and Play!

Turn OFF the TV
& Video Games



BOOST



Your Brain Power!

Drink

Water & Low Fat Milk



Eat Fruits & Vegetables

