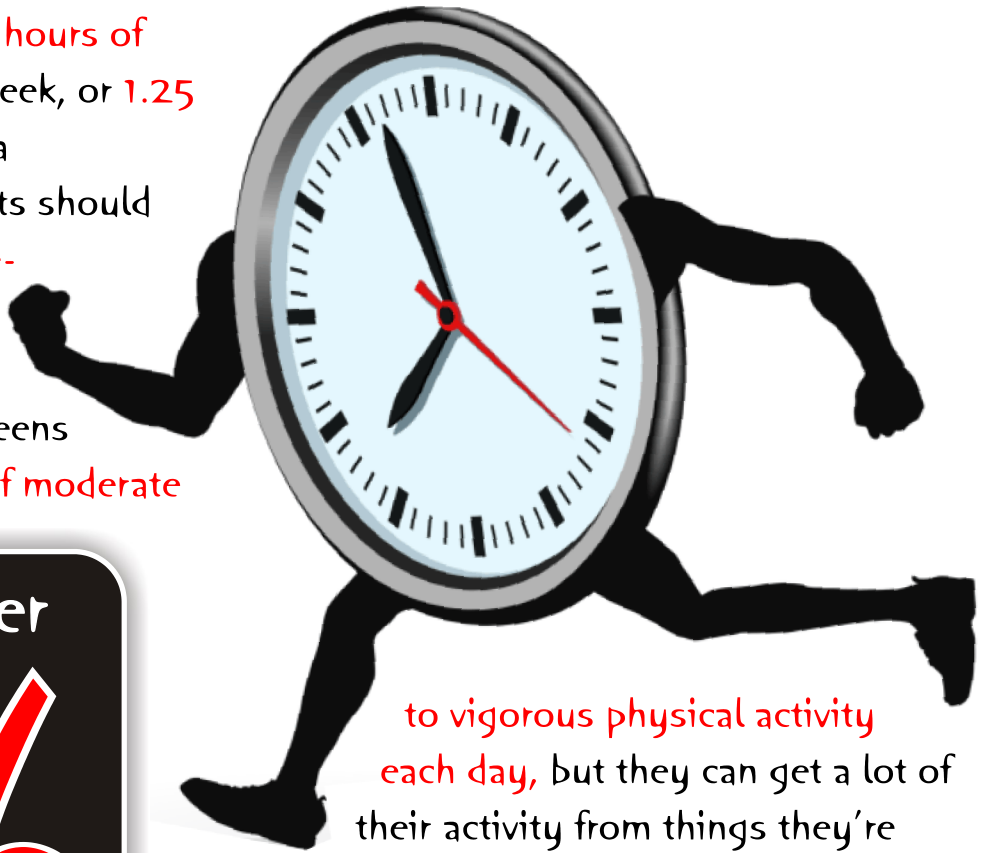


# MAKE TIME.

Adults should get at least **2.5 hours of moderate aerobic exercise** a week, or **1.25 hours of vigorous activity**, or a combination of the two. Adults should also carve out time for **muscle-strengthening activity**, like lifting weights or doing push ups, twice a week. Kids and teens should get **60 total minutes of moderate**



**to vigorous physical activity each day**, but they can get a lot of their activity from things they're doing anyway -- **sports, recess, gym class**. And kids' exercise doesn't have to be in sustained periods: they can count all of the **short bursts of activity** that they typically get in the course of the day. At least three times a week, kids' and teens' aerobic activity should be vigorous in intensity. Kids' activity should be **varied, age-appropriate, and, of course, fun!**

the big number

# 20.6

The percentage of Americans over 18 who report that, during an average week, they meet the guidelines listed above for adults.

**EAT BETTER. PLAY HARDER.  
LIVE HEALTHIER. LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!**

# WELLNESS IS A WAY OF LIFE!™

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

“MAKE TIME”

## EAT BETTER

Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!

### BLOOD ORANGE

The reddish skin and ruby flesh of the blood orange signal good things inside this intriguing fruit. The unusual color comes from an abundance of healthful antioxidants called “anthocyanins,” which aren't typically found in citrus fruits.



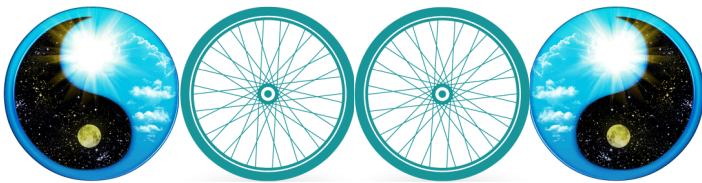
## LIVE HEALTHIER



This is an appropriate time of year to think about your heart. Do yourself and everyone around you a favor by filling your heart with love for your family, friends, and fellow humans. And do your heart a favor by filling your plate with lots of fresh fruits and veggies!

## LEARN EASIER...

Mind and Body are connected and interdependent, and evidence continues to pile up that exercise doesn't just keep us physically well, but mentally sharp, too. On the mind side, a study found that exercise can help prevent and even improve symptoms of dementia in older adults, including “executive function” capabilities, like planning, making decisions, correcting errors, and learning from new situations. AND . . .



## ...PLAY HARDER

. . . on the body side, another recent study of recreational bicyclists, found that healthy, fit, active adults age 55-80 are actually much “younger” physically than most people their age when tested for reflexes, muscle and bone strength, lung power, heart and hormonal function, and general health and well-being (and mental ability, too -- it's all connected!).

First things First



**BREAKFAST @SCHOOL**  
For first-class learning!

Featuring Healthy Fruits & Grains!

**School Meals**  
We serve education every day™

Over the last three school years, we've been putting in place a number of changes to make our meals even more nutritious for our customers. For instance, we're committed to serving our students more fresh fruits and vegetables and using local produce whenever possible.



**REMEMBER!**  
Take at least **ONE FRUIT** or **VEGGIE** and at least **THREE** items total so your meal counts as a complete lunch!



**School Meals**  
We serve education every day™