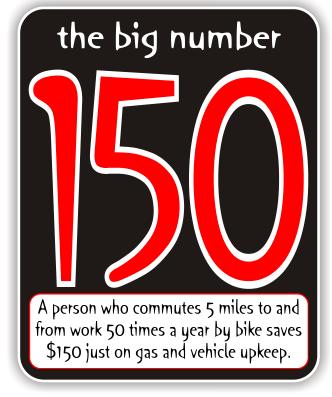
# SPIN YOUR SON WHEELS.

Biking may be the only activity that combines exercise, fun, AND transportation! The exercise part is obvious: even at a leisurely pace, a 150-lb person burns 400 calories in an hour of cycling, and at a faster pace you can double that burn rate! If you've ever spent an hour on a bike, especially with family and friends, you know the enjoyment and stress-relief that cycling provides. And for people who can cycle to work or other activities, the transportation savings are tremendous – cycling saves 30 cents or more for every mile you don't drive. Just remember to always wear bright clothes, close-toed shoes, and a helmet – and follow the rules of the road!



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

NESS IS A WAY OF LIFE!

### WELLNESS IS A WAY OF LIFE!

HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"SPIN YOUR WHEELS"

#### **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!



Simple carbohydrates provide a fantastic source of pre-workout energy for any aerobic exercise like biking. If you don't want a too-full stomach when you start a ride, a slice or two of whole wheat toast spread with honey or a banana dipped in honey does the trick.



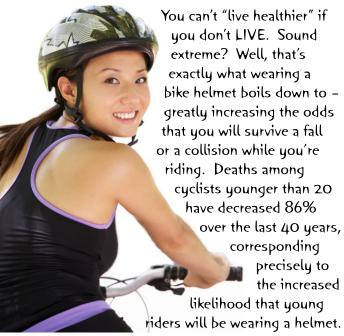
#### **LEARN EASIER**



Getting the wheels turning on your bike is a great way to get them turning in your head, too! Inactive children who begin biking show increased brain activity in the area of the brain associated with complex thinking and decision making.

# PLAY HARDER No matter how old or young you are, riding a bike is FUN. You don't just ride a bike for exercise – you ride a bike on the boardwalk, or to a friend's house, or on a cool trail in the woods, or around the neighborhood on a summer evening. And when you enjoy yourself while you exercise, it's that much easier to play harder!

#### LIVE HEALTHIER





Over the last four school years, we've been putting in place a number of changes to make our meals even more nutritious for our customers. For instance, the added emphasis on vegetables, fruits, and whole grains on our menus has helped increase the fiber content of our meals.

