

# WELLNESS IS A WAY OF LIFE!™

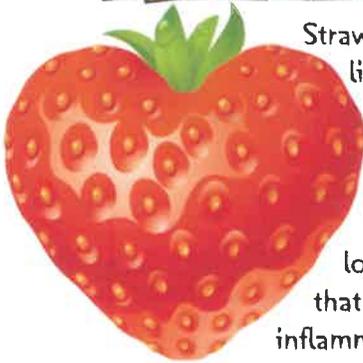
HELPING YOUR WHOLE FAMILY FEEL WELL AND DO WELL!

"POWER OF LOVE"

## 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!

### STRAWBERRIES



Strawberries sometimes look like hearts -- which is perfect because they're so good for heart health! People who eat the berries twice a week have lower levels of a protein that can cause blood-vessel inflammation and heart attacks.

## PLAY HARDER

Exercising with loved ones is more effective -- and more fun! -- than working out alone. Nearly half the people who exercise solo quit after not too long, but two-thirds of folks who exercise with a loved one (or two or three or four!) stick it out. Look for a time when the whole family can sweat together.



## LIVE HEALTHIER

A study tracking more than a million people since the late 1970's shows that married people live longer -- probably because they have fewer heart attacks, lower rates of cancer, and even less susceptibility to pneumonia than single people. Love is good for you!

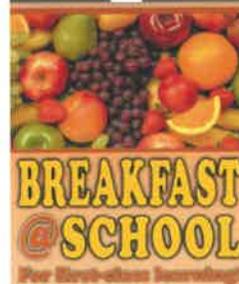


## LEARN EASIER

Stress makes learning much more difficult, among many other negative effects. Acute stress prevents memory storage in the short term and in the long term can even cause the brain to physically degrade. Ensuring that kids aren't under too much stress begins with making sure they feel loved at home.



First things First



**BREAKFAST @SCHOOL**  
For Breakfast Learning!



Featuring Healthy Fruits & Grains!

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

Over the last decade or so, we've put in place a number of changes to make our lunches and breakfasts (in schools that serve breakfast) even more nutritious for our customers. We'll continue to use the Wellness Newsletter to keep you posted on these changes and much more!



**DON'T GET!**  
Take at least **ONE FRUIT** or **VEGGIE** and at least **THREE** items total so your meal counts as a complete lunch!



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