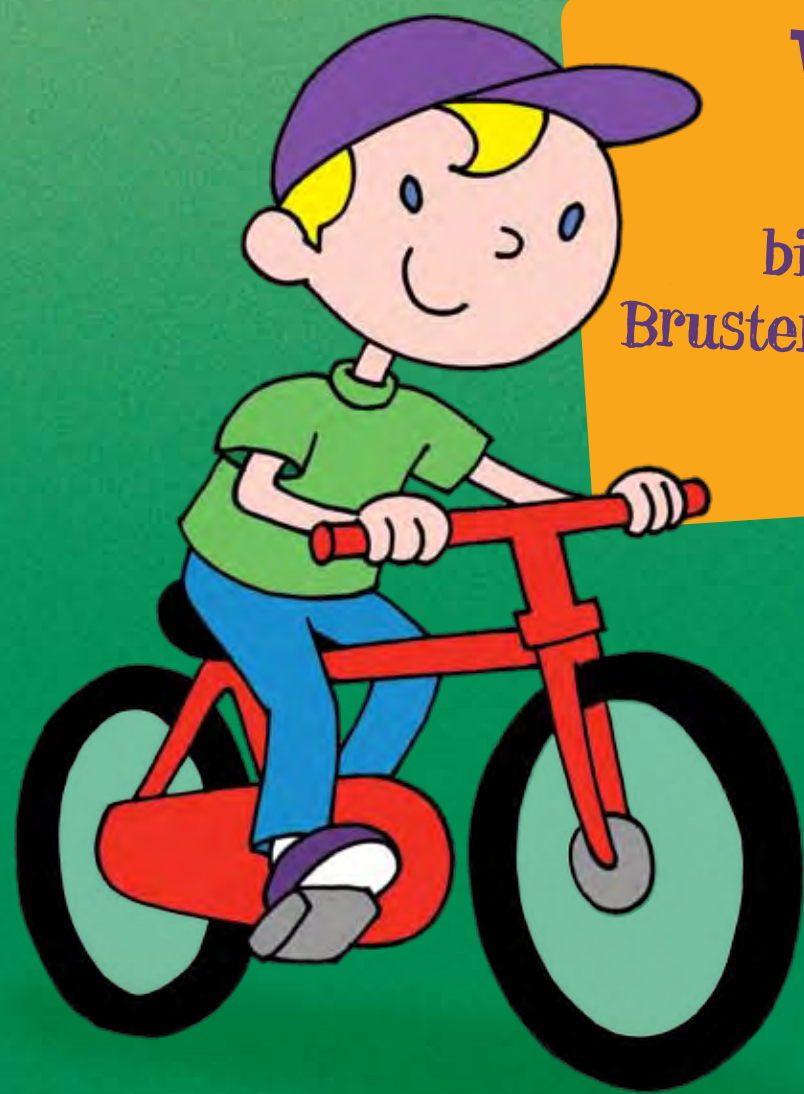
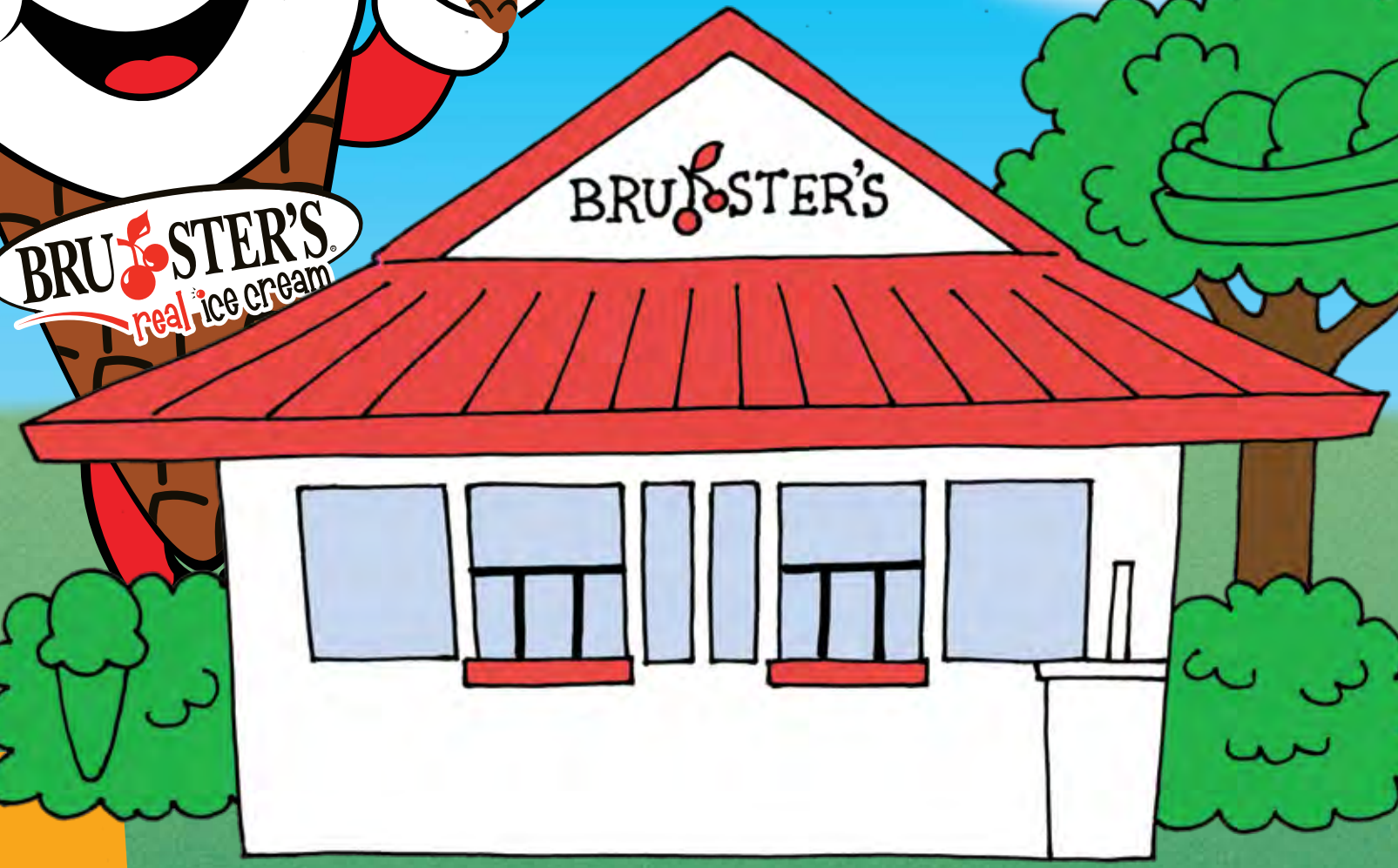


Get the Scoop on Good Health . . .

Get Active!

Get Moving!
Engage in 60 minutes
of physical activity
daily!

Treat Yourself!
Enjoy "sometimes"
foods like ice cream
as part of a balanced diet!



With your family,
bike to your local
Bruster's for a sweet treat!

Take your pet for
a long walk
and stop at Bruster's
on your way home!



Get your neighborhood
moving!
Host backyard
Olympics or
relay races.

