

Healthy Morning. Healthy Family.

WAKE UP AND START THE DAY OFF RIGHT WITH A GOOD BREAKFAST AND A LITTLE EXERCISE!



Jumpstart their morning by preparing a nutritionally balanced breakfast. Here are some healthy ideas:

- ◆ Oatmeal or yogurt with fresh fruit is an oldie but a goodie.
- ◆ Nix cereals high in sugar and try some that are high in fiber. Add fresh fruit.
- ◆ Try a breakfast burrito with a whole-wheat wrap, eggs whites, turkey bacon and a sprinkle of cheese. It's low in fat and packed with protein, fiber, and anti-oxidants.



Get your kids motivated and moving in the morning with these fun and easy exercises:

- ◆ As soon as the kids get out of bed, have them stretch for a few minutes to loosen muscles before they start the day.
- ◆ Have a dog? Have your little one take her for a walk or a run in the morning before school.
- ◆ Nice weather? Walking with them to the bus stop or school rather than driving is a great way to add some cardiovascular exercise into their morning routine.

ADD VITAMIN SUPPLEMENTS TO THEIR BREAKFAST ROUTINE!

Taking vitamins can help your kids:

- ◆ Build strong bones and muscles for healthy growth and development
- ◆ Maintain physical and mental energy
- ◆ Maintain a healthy immune system

Moms know the importance of good nutrition... and that can include **Flintstones Plus Immunity Support**. This complete multivitamin has as much Vitamin C as three oranges to help keep kids healthy.

For busy families and picky eaters, a daily multi-vitamin can be a health hero!

Check out flintstonesvitamins.com for more information.

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