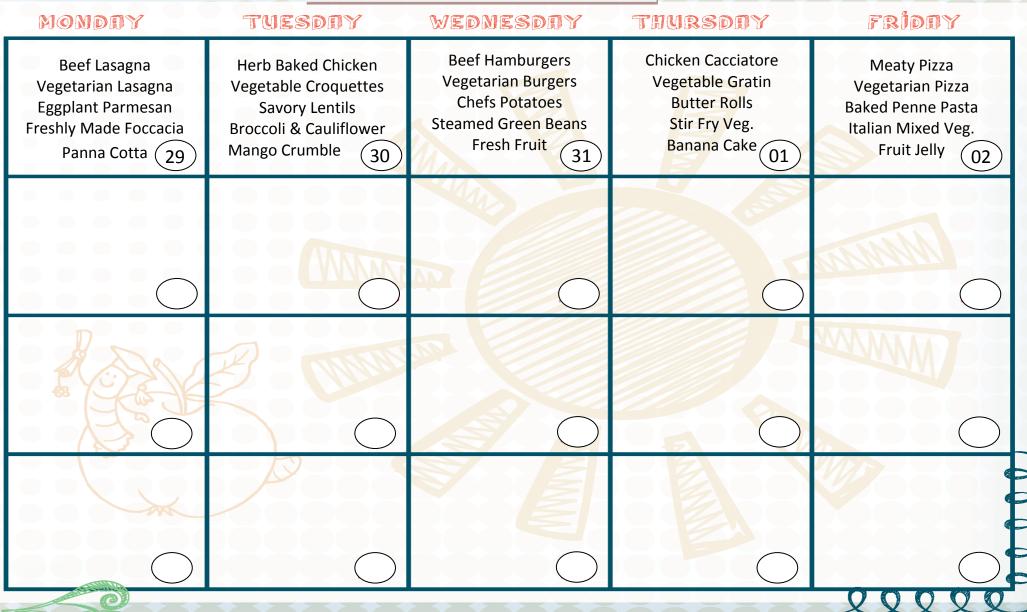


EXERCISE

Saint Maur / IES SUMMER SCHOOL July / August 2013







3e's of healthy living tip of the month!

Make the right beverage choices. Drinking sugary beverages, even fruit juices, can add hundreds of calories to your day. Drinking water when you are thirsty is a great choice. For a healthy beverage, try non-fat or low-fat (1%) milk. Education Enting Right