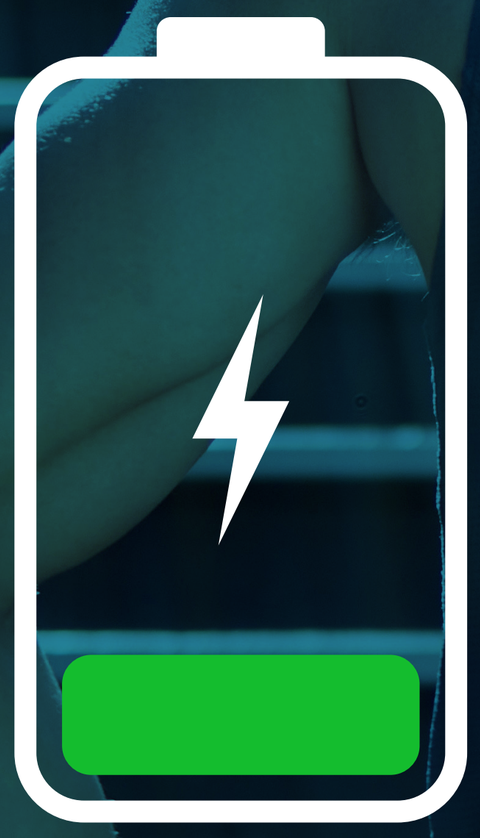
A BETTER ENERGY BOOST

Low on energy?
Skip the quick fix!

Take these three steps to boost your energy:

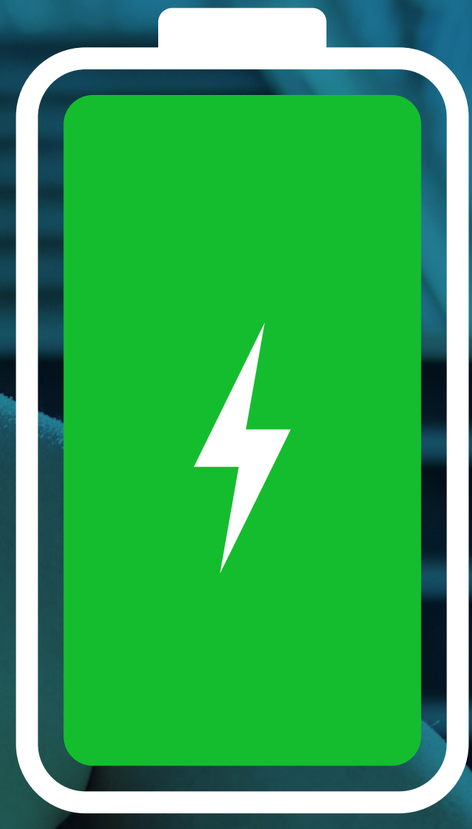


STEP 1:
HYDRATE

- ✔ Water
- ✔ 100% fruit juice
- ✔ Reduced-fat milk
- ✔ Coconut water

STEP 2:
GRAB A SNACK

- ✔ Fruit
- ✔ Trail mix
- ✔ Granola bar
- ✔ Jerky



STEP 3:
GET SOME EXERCISE

- ✔ 10-minute walk
- ✔ 10 squats
- ✔ 10 minutes of stretching
- ✔ 20 jumping jacks

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Go for Green® makes it easy for you to identify and choose foods that enhance your performance.

- **Green** *High-performance fuel*
- **Yellow** *Moderate-performance fuel*
- **Red** *Low-performance fuel*

GO FOR GREEN
EAT WELL • PERFORM WELL

Eat Well
PERFORM WELL