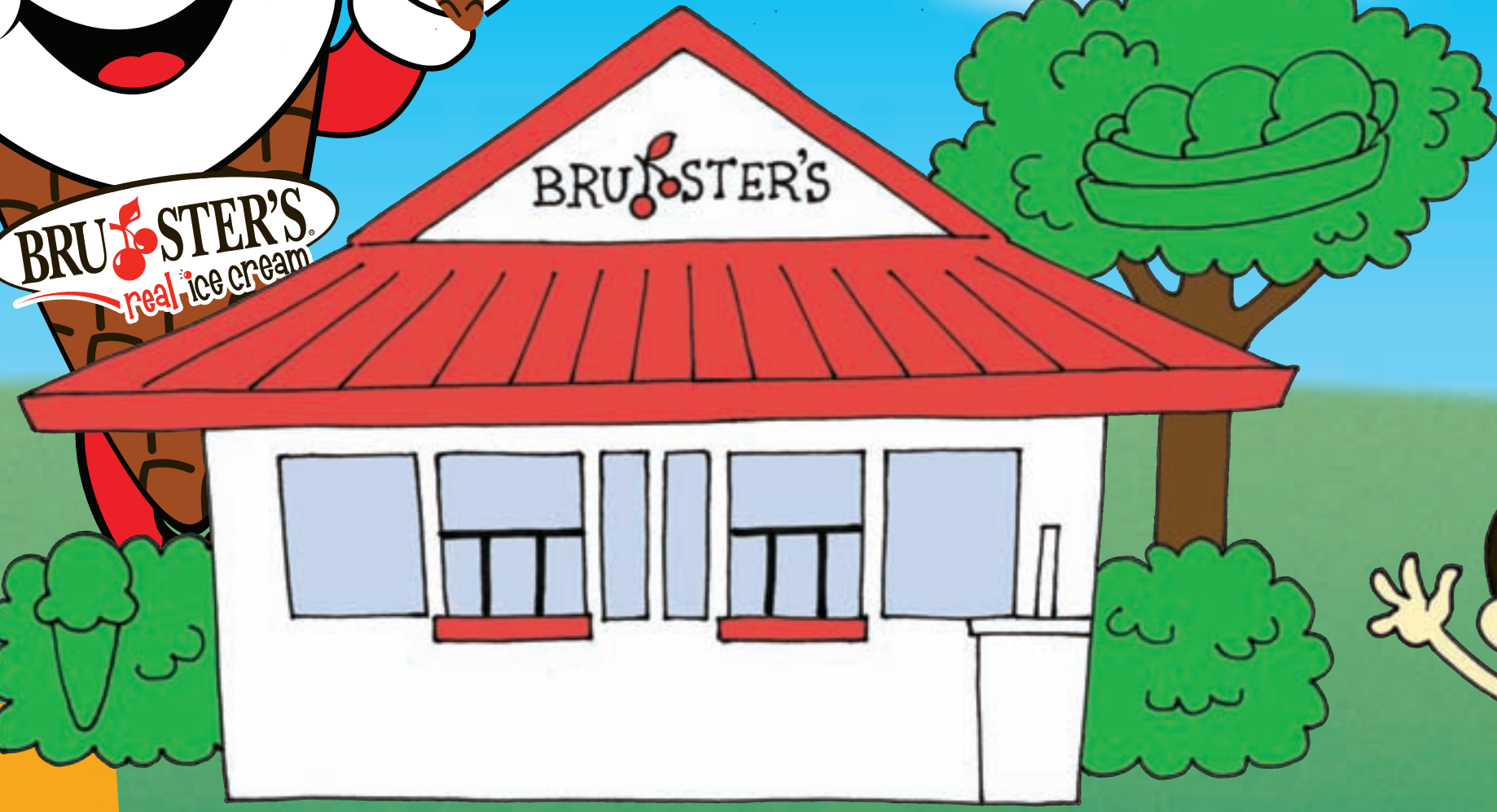


# Get the Scoop on Good Health . . .

# Get Active!

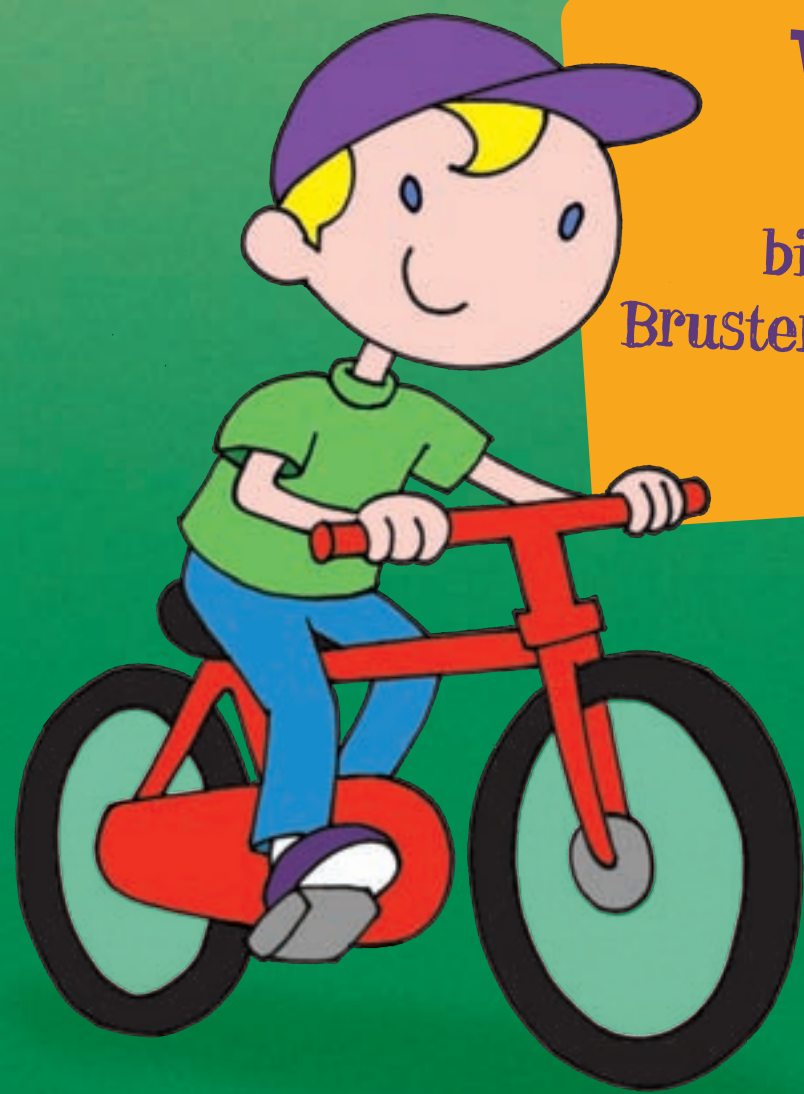
**Get Moving!**  
Engage in 60 minutes  
of physical activity  
daily!



**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.

