

FUEL UP **FOR** PERFORMANCE **WITH** NUTRITION

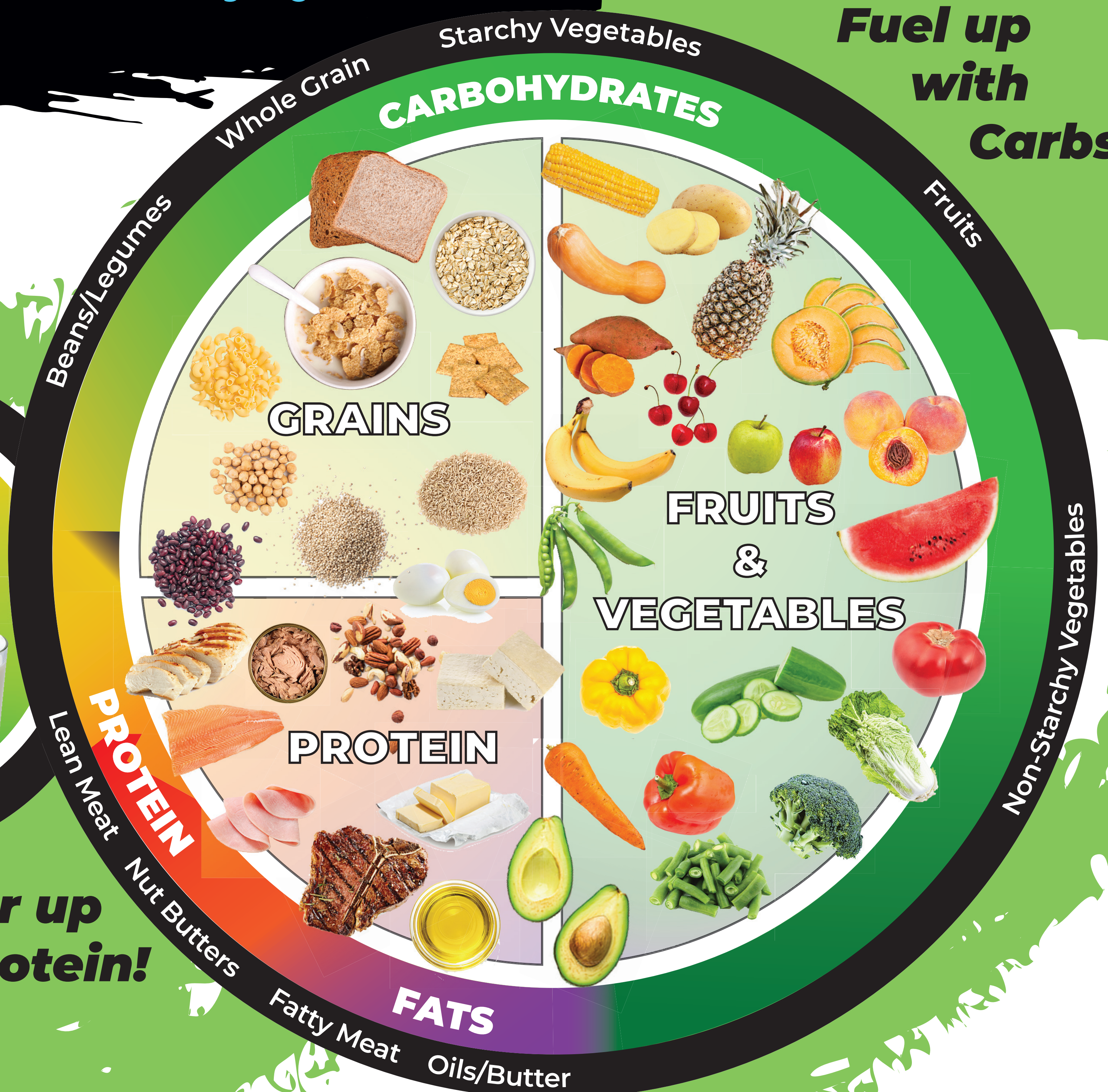
ATHLETES, choose wisely to
maximize your performance and
decrease your risk of injury.

**Fuel up
with
Carbs!**

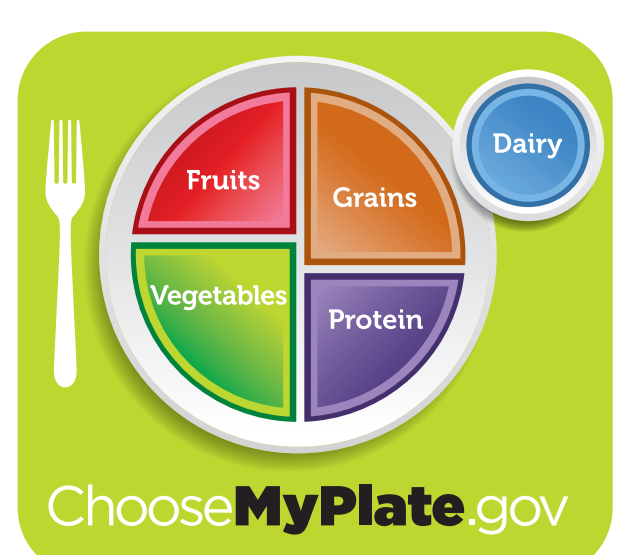
**Electrolytes
to rehydrate
and protein
to refuel!**



**Power up
with Protein!**



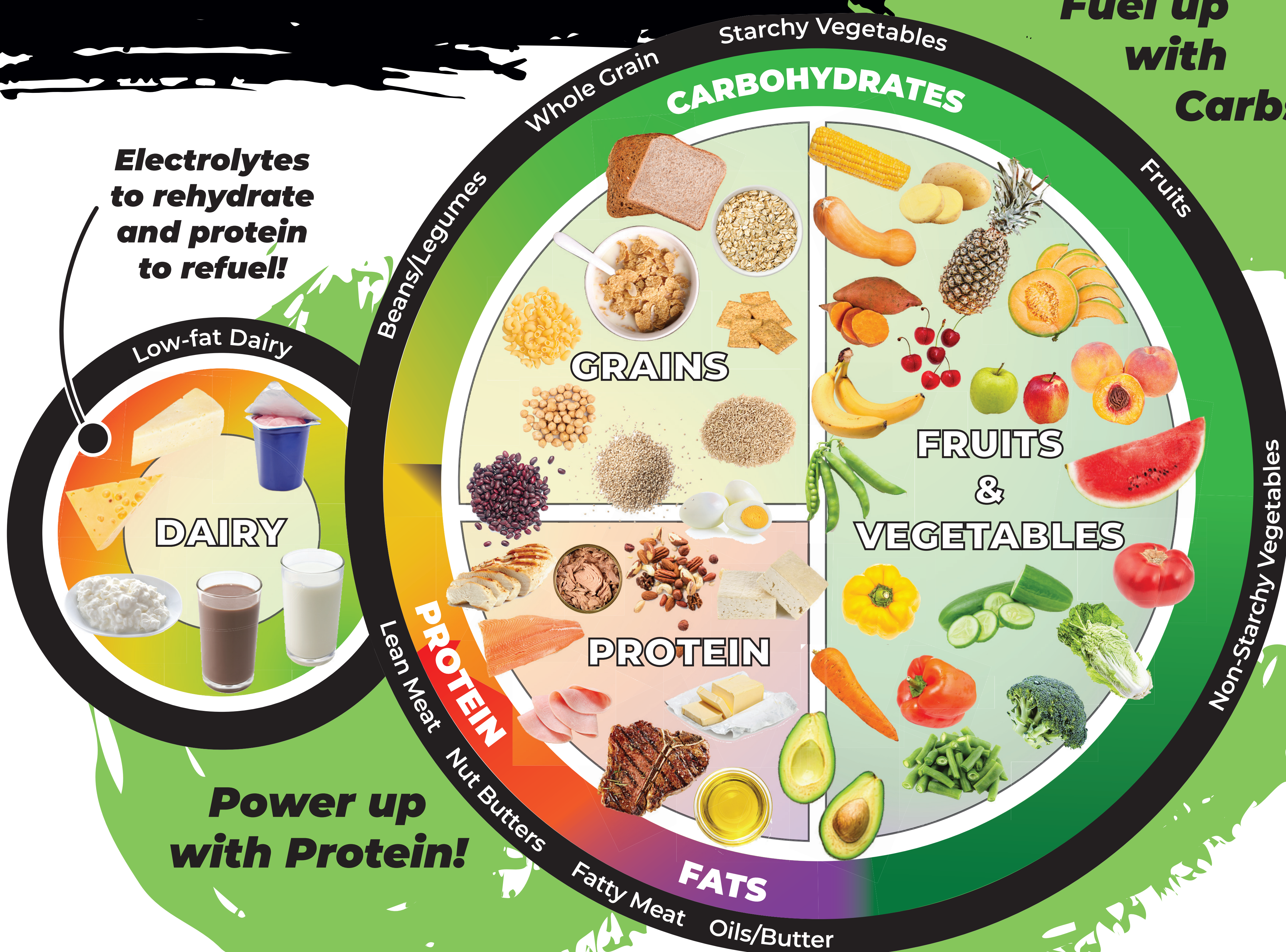
**Some athletes may need to buy a second meal
at lunch to meet their daily nutrition and sports
performance needs.**



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BAND MEMBERS, stay strong and focused on your performance when you choose the right fuel for after school.

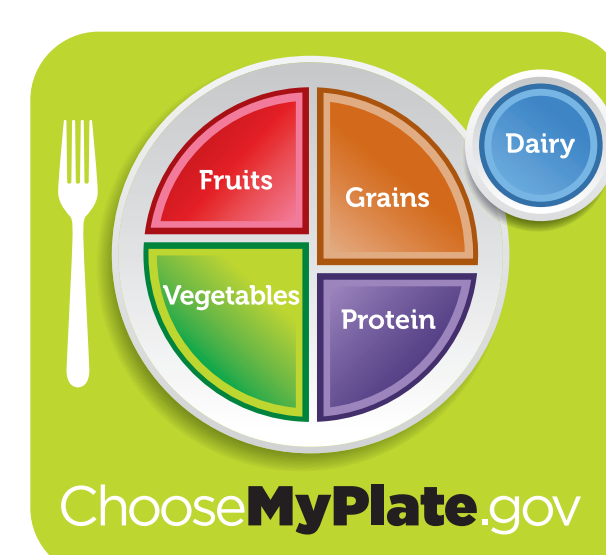
**Fuel up
with
Carbs!**



**Power up
with Protein!**



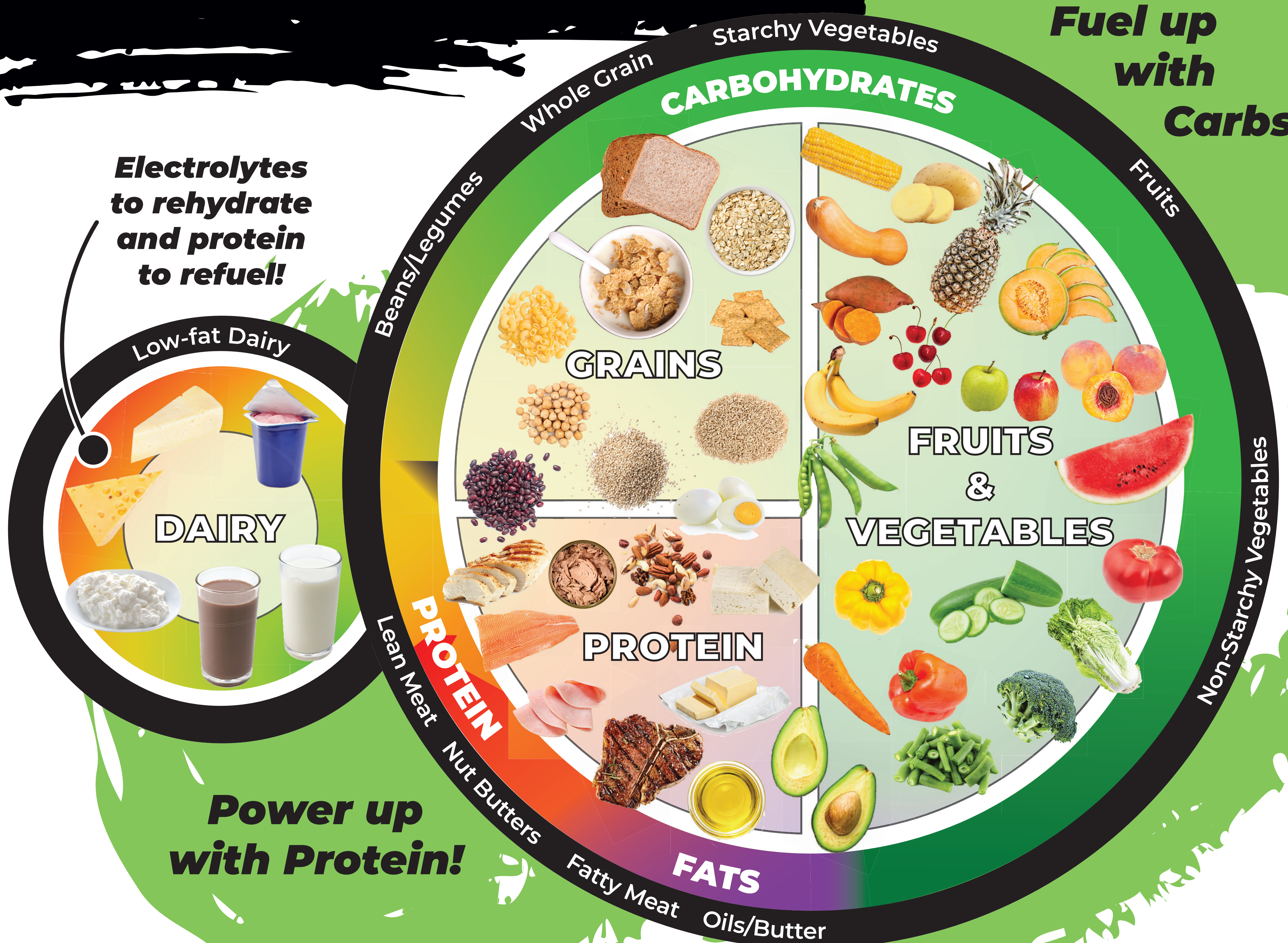
**AMERICAN DAIRY
ASSOCIATION INDIANA INC.**
Winners Drink Milk.com



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HAVE AN AFTER-SCHOOL JOB?

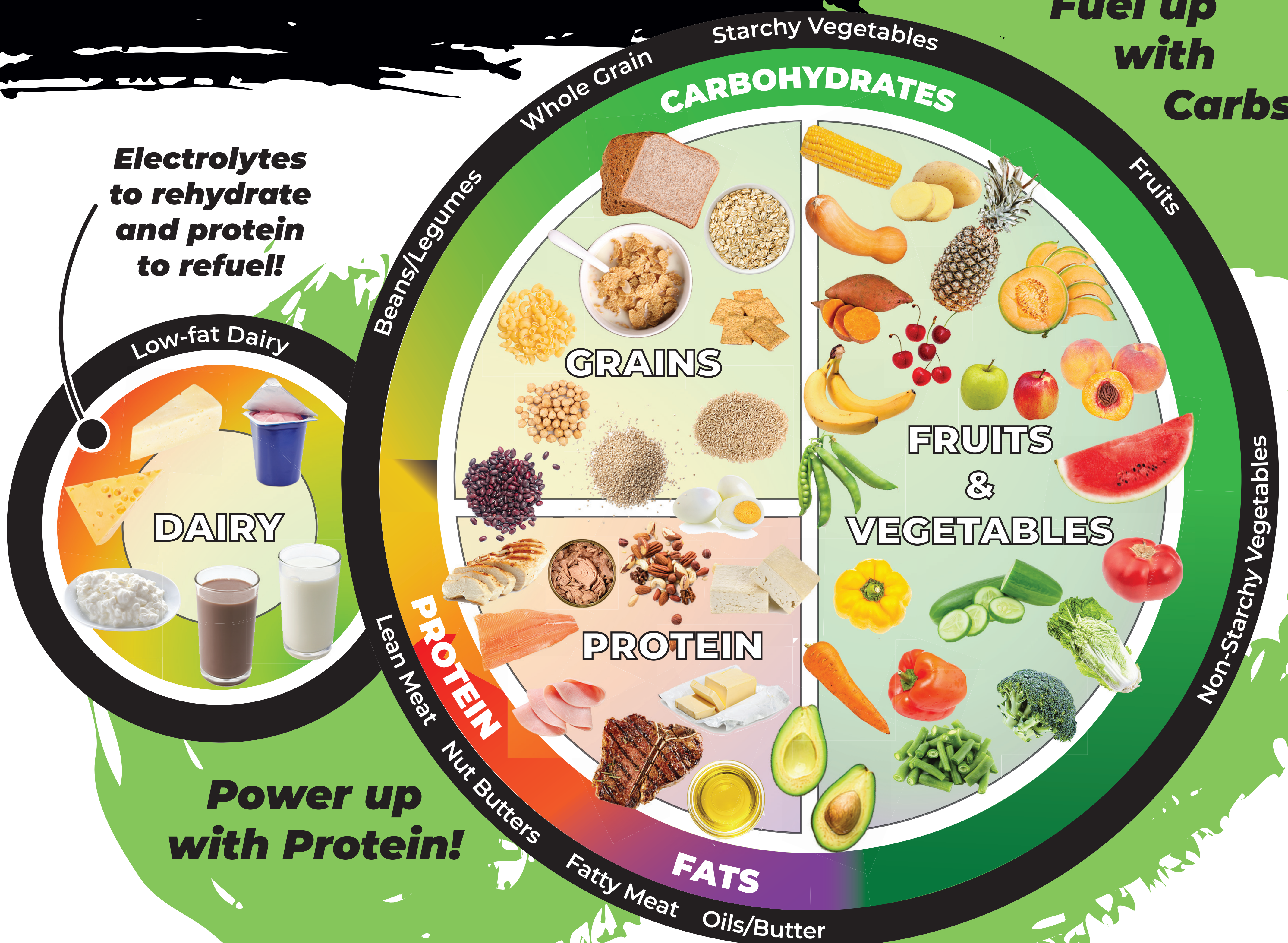
Make sure you are **well-fueled**
so you can **do your best work possible.**



FUEL UP **FOR** PERFORMANCE **WITH** NUTRITION

Fuel your brain and body for your
AFTER-SCHOOL CLUB – make sure you
have the **energy to perform your best.**

**Fuel up
with
Carbs!**



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