

Ready for a healthier life?

You can start today with just a few simple changes—and eating breakfast can be the first one.



First Fit & Five™

Day 1

- **First**
Eat a healthy breakfast

- **Fit**
Exercise 30 minutes

- **Five**
Fruits & veggies

Day 2

- **First**
Eat a healthy breakfast

- **Fit**
Exercise 30 minutes

- **Five**
Fruits & veggies

Day 3

- **First**
Eat a healthy breakfast

- **Fit**
Exercise 30 minutes

- **Five**
Fruits & veggies

Day 4

- **First**
Eat a healthy breakfast

- **Fit**
Exercise 30 minutes

- **Five**
Fruits & veggies

Day 5

- **First**
Eat a healthy breakfast

- **Fit**
Exercise 30 minutes

- **Five**
Fruits & veggies

Day 6

- **First**
Eat a healthy breakfast

- **Fit**
Exercise 30 minutes

- **Five**
Fruits & veggies

Day 7

- **First**
Eat a healthy breakfast

- **Fit**
Exercise 30 minutes

- **Five**
Fruits & veggies



Kellogg's

Nutrition

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Please consult your physician before beginning any diet or exercise program.