

What Kind of Meal...



- Water
- Fruit
- Low-Fat Milk or O.J.
- Hamburger or Grilled Chicken Sandwich (with lettuce, tomato & light mayo)

Has Post-Game Appeal???

All educational programs conducted by Ohio State University Extension are available to clientele on a nondiscriminatory basis without regard to race, color, creed, religion, sexual orientation, national origin, gender, age, disability or Vietnam-era veteran status.

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For more information and a copy of the **FITNESS BEAT** newsletter series, contact:

(Place local extension contact here)