

Don't eat your heart out.

Choose something healthy at the vending machine. By making smart snack decisions, you'll feel better and be healthier. All you have to lose are calories.



Fitness Basics Healthy Eating Nutrition Basics **Getting Started**
GETTING FIT **Recipes** **Walking** Raising Healthy Kids Getting Fit
Healthy Habits Staying Motivated HEALTHY COOKING *Healthy Living For All*