

# Be active for life!

For good health, kids need at least 60 minutes of physical activity every day; adults need at least 30 minutes a day.

For more information, go to [www.mypyramid.gov](http://www.mypyramid.gov).



Success is possible with dedication to training hard and eating healthy. Eating healthy will give you the energy and power to achieve your goals, so eat smart and play hard!

Heather Zander, women's track



Eating right gives me the edge I need to succeed in the classroom and on the court! If you want to play hard and become the best you can be, start living a healthy lifestyle now and you will reap the rewards for years to come!

Abby Plucker, women's basketball



Eating healthy is a commitment and also is that first step to competing at your highest level.

Freddy Coleman, men's basketball



Fueling your body with the right foods provides you with the energy you need to be successful each and every day.

Cyrus Lemon, football



I definitely was able to see improvements in my training on the court and in the classroom by making smarter and healthier food choices. I had a lot more energy, and my body felt better, too! Eat smart and play hard! Go Bison!

Kelly Lopez, volleyball



In order to perform your best on and off the playing field, it is important to get the right nutrition in your diet. Eating smart will give you more energy to be game ready.

Cydney Hasselberg, women's golf



Eat Smart, Play Hard is the slogan to live by, being a Division I collegiate athlete. Being successful on and off the field is a must when trying to be your best for yourself, your team and your school. Food is one of the most important tools to be all you can be. Eating a balanced diet of fresh fruits, vegetables and, most importantly, good carbohydrates is key to fueling you up for the competition.

Lorraine Thompson, soccer



[www.GoBison.com](http://www.GoBison.com)