

# CELEBRATE WALK TO/AT SCHOOL DAY!



**OCTOBER 7, 2009**

Visit [www.nrgbalance.org](http://www.nrgbalance.org) to learn more.

MAKING IT  
EASY TO BE  
PHYSICALLY  
ACTIVE AN HOUR  
OR MORE  
EVERY DAY!



1  
2  
3  
4  
5



nrg  
Balance™  
make healthy easy



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