

PARENTS, TEACHERS & STUDENTS

Learn the steps to

FANTASTIC FITNESS

A Newspaper In Education Series

Who: All Miami Dade County 4th grade Parents, Teachers & Students

What: A 12 week in-paper ad series with activities for the classroom and the home

When: September 18th- December 4th

Where: Every Monday in the Miami Herald

Why: Because every Parent, Teacher and Student needs to learn the steps to Fantastic Fitness

THIS PROGRAM
IS SPONSORED
BY:



The Children's Trust



YMCA
OF GREATER MIAMI



The Miami Herald El Nuevo Herald

To learn how you can
participate in the
classroom or at home,
please call 305-376-3247
TODAY.

Nutrition Facts

Serving Size: 1 cup (220g)
Amount Per Serving

Calories 290

Amount Per Serving

Calories from Fat 110

% Daily Value*

Total Fat 12g

Saturated Fat 3g

Trans Fat 1g

Cholesterol 20mg

Sodium 470mg

Total Carbohydrate 31g

Dietary Fiber 0g

Sugars 5g

Protein 5g

Vitamin A 4%

Vitamin C 2%

Calcium 20%

Iron 4%

*Percent Daily Values are based on a diet of other people's secrets.

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STEPS TO A HEALTHIER YOU

