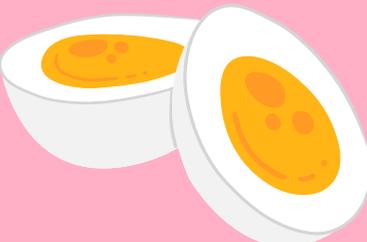


# BOOST YOUR STRENGTH

AN EXTRA SPOON  
OF YOGHURT 

AN EXTRA SLICE  
OF CHEESE 

TWENTY ALMONDS 

AN EXTRA EGG 

## SMALL CHANGES THAT CAN HELP:

- Aim for **1.2g** of protein per kg of your body weight each day
- It helps keep your bones strong, boosts your energy and fights off the flu.